

# Connecticut Nutrition Standards (CNS)



CONNECTICUT STATE  
DEPARTMENT OF EDUCATION

**Connecticut State Department of Education (CSDE)  
Bureau of Health/Nutrition, Family Services and Adult Education**

# About this Presentation

- This presentation provides general guidance regarding the CNS under Section 10-215e of the Connecticut General Statutes (CGS)
- For specific questions or technical assistance, please contact the Connecticut State Department of Education (see slides 256-257)

[https://portal.ct.gov/SDE/Nutrition/Connecticut-Nutrition-Standards//-/media/SDE/Nutrition/HFC/CNS/Connecticut\\_Nutrition\\_Standards\\_Presentation.pdf](https://portal.ct.gov/SDE/Nutrition/Connecticut-Nutrition-Standards//-/media/SDE/Nutrition/HFC/CNS/Connecticut_Nutrition_Standards_Presentation.pdf)

# Disclaimer

- The mention of trade names, commercial products, or organizations does not imply approval or endorsement by the CSDE
- Product names are used solely for clarification in evaluating foods for compliance with the CNS

# Abbreviations

<b>CGS</b>	<b>Connecticut General Statutes</b>
<b>CNS</b>	<b>Connecticut Nutrition Standards</b>
<b>CSDE</b>	<b>Connecticut State Department of Education</b>
<b>FDA</b>	<b>Food and Drug Administration</b>
<b>HFC</b>	<b>Healthy Food Certification</b>
<b>NSLP</b>	<b>National School Lunch Program</b>
<b>PFS</b>	<b>product formulation statement</b>
<b>RTE</b>	<b>ready-to-eat</b>
<b>USDA</b>	<b>U.S. Department of Agriculture</b>

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# Overview of CNS



[https://www.cga.ct.gov/current/pub/chap\\_169.htm#sec\\_10-215e](https://www.cga.ct.gov/current/pub/chap_169.htm#sec_10-215e)

# Overview of CNS

- Developed in 2006, as required by Section 10-215e of the Connecticut General Statutes (CGS)
- Based on current nutrition science and national health recommendations
  - Dietary Guidelines for Americans
  - National health organizations
- Reviewed annually by state nutrition committee and revised as needed



# Overview of CNS

- Meets or exceeds USDA's Smart Snacks nutrition standards
- Promotes increased consumption of nutrient-rich foods
  - Limits calories, total fat, saturated fat, trans fat, sodium, and sugars
  - Prohibits ingredients with questionable health effects, such as nonnutritive sweeteners, chemically altered fat substitutes, caffeine, significant fortification, and nutrition supplements



# Overview of CNS

- Applies to all grade to all foods sold to students separately from reimbursable meals (*competitive foods*) in public school districts that choose the healthy food option of Healthy Food Certification (HFC) under CGS Section 10-215f
- Allows food exemptions that meet specific criteria



# Competitive Foods

Any foods and beverages sold to students *anytime* on school premises other than reimbursable meals served through the USDA's school meal programs



# Sources of Competitive Foods

- A la carte sales in the cafeteria
- Vending machines accessible to students
- School stores, kiosks, and other school-based enterprises
- Culinary programs
- Fundraisers
- Any other programs, organizations, and activities selling foods and beverages to students on school premises

# Other Potential Sources of Competitive Foods \*

- Adult education programs operated by the board of education
- Afterschool programs and activities, such as enrichment programs, extracurricular classes, tutoring sessions, and student clubs
- Classroom parties and other celebrations
- Clubs and organizations
- Family and consumer sciences classes
- Family resource centers
- Meetings
- Recipient schools under interschool agreements
- Sports programs and competitions, such as games, matches, and tournaments
- Summer school programs (e.g., enrichment or exploratory) operated by the board of education
- USDA's Afterschool Snack Program (ASP)
- USDA's Seamless Summer Option (SSO) of the NSLP (*only if foods are sold separately from reimbursable meals*)
- USDA's Summer Food Service Program (SFSP) operated by the board of education on school premises (*only if foods are sold separately from reimbursable meals*)
- Vendors on school premises, e.g., food service management companies (FSMCs), food trucks, caterers, online and mobile food delivery companies, and other outside entities that sell foods and beverages to students

**\* This list is not all-inclusive**

For detailed guidance, see the CSDE's *Guide to Competitive Foods in HFC Public Schools* (see slide 241)

# Sale

The exchange of a determined amount of *money or its equivalent* (such as coupons, tickets, tokens, and similar items) for foods and beverages, including

- programs and activities that charge a fee that includes the cost of foods and beverages provided to students
- activities that suggest a student donation in exchange for foods and beverages



# School Premises

All areas of the property *under the jurisdiction* of the local or regional board of education, the regional vocational-technical school system (Connecticut Technical Education and Career System (CTECS)), or the governing authority district or school



# To be sold to students on school premises

- Competitive foods must meet
  1. at least one of the three CNS general standards (see slides 75) **AND**
  2. all CNS nutrient standards for the appropriate food category (see slides 185-210)
- Foods that do not meet these requirements can only be sold at *events* that meet the exemption criteria (see slides 17-24)

# Food Exemptions



# Food Exemptions

- Foods that do not comply with the CNS cannot be sold to students unless
  - the board of education or governing authority *votes* to allow food exemptions (part of the district's annual HFC statement) **AND**
  - the sales meet the *three exemption criteria* (see slides 17-24)

Sales must also comply with other state requirements (see slides 226-238)

# Exemption Criteria for Foods

1. The sale is in connection with an *event* occurring *after* the end of the regular school day or on the weekend



2. The sale is at the *location* of the event
3. The foods are not sold from a vending machine or school store

# Regular School Day

The period from *midnight before to 30 minutes after* the end of the official school day



## Example

- If the school officially ends at 3:00 PM, the school day is from midnight through 3:30 PM
- If the board has voted to allow exemptions, noncompliant foods could be sold at the location of an event held anytime from 3:31 PM through 11:59 PM

# Event

**An occurrence that involves more than just a regularly scheduled practice, meeting, or extracurricular activity**



Event	Not an event
soccer game	soccer practice
high school debate	debating team practice
school play	play rehearsals
school chess match	chess club

# Examples of Events \*

- Awards banquets
- Boy Scout Blue & Gold Dinner
- Craft fairs
- Debate team competitions
- Election day (if school is not in session)
- Family bingo nights
- Field days
- Math team competitions
- Mock trial competitions
- School carnivals
- School concerts
- School dances
- School fairs, e.g., health, science, and math
- Silent auctions
- Sports banquets
- Sports games, tournaments and matches, e.g., basketball, football, soccer, tennis, field hockey, volleyball, and cross country
- Talent shows
- Theatrical productions

\* **This list is not all-inclusive**

Contact the CSDE to determine whether specific district fundraising activities meet the definition of event

## Location

The *same place* where the event is being held

### Example

If a school allows food exemptions, cupcakes could be sold on the side of the baseball field during a baseball game, but cannot be sold in the school cafeteria while a baseball game is being played on the baseball field



# Exemptions Never Allowed for Non-events such as

- Afterschool programs and activities
- Cafeteria a la carte sales
- Classes, e.g., culinary programs, family and consumer sciences
- Fundraisers that are not held at an event
- Meetings
- School stores
- Sports practices
- Vending machines
- Any other programs or activities that are not events

All foods sold from these sources must ***always*** comply with the CNS

# CSDE Resource

## Exemptions for Foods and Beverages in Public Schools

- Summarizes the state requirements and provides guidance and specific motion language for exemptions

### Exemptions for Foods and Beverages in Public Schools

This document summarizes the requirements for allowing food exemptions under Healthy Food Certification (HFC), which are mandated by [Section 10-215f](#) of the Connecticut General Statutes (C.G.S.); and the requirements for allowing beverage exemptions in public schools, which are mandated by C.G.S. [Section 10-221q](#). It also provides motion language for the board of education or governing authority's votes to allow food exemptions and beverage exemptions.

#### Annual HFC Requirements

Each public school sponsor of the National School Lunch Program (NSLP) must complete their annual HFC Statement (Addendum to Agreement for Child Nutrition Programs (ED-099)) by July 1 of each year. The HFC Statement is completed online in the Connecticut State Department of Education's (CSDE) Online Application and Claiming System for Child Nutrition Programs ([CNP System](#)), as part of the sponsor's application module for participation in the U.S. Department of Agriculture's (USDA) Child Nutrition Programs.

The final board-approved meeting minutes must be uploaded with the submission of the annual HFC Statement, and must indicate the results of the board votes for whether they will:

- adopt the healthy food option under HFC; and
- allow food exemptions to the healthy food option under HFC (if the district votes to implement the healthy food option); and
- allow beverage exemptions under C.G.S. Section 10-221q (if the district chooses to allow beverage exemptions).

For detailed guidance on the HFC requirements, review the Connecticut State Department of Education's (CSDE) resources, [Requirements for Competitive Foods in HFC Public Schools](#) and [Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools](#), and visit the CSDE's [Healthy Food Certification](#) webpage. For information on the CNS requirements, review the CSDE's document, [Summary of Connecticut Nutrition Standards](#), and visit the CSDE's [Connecticut Nutrition Standards](#) webpage.

#### Required Exemption Language

The language in the final board-approved meeting minutes must reflect the specific criteria required by C.G.S. Section 10-215f for participating in the healthy food option of HFC and allowing food exemptions. For detailed guidance on the current year's HFC application process, review the [CSDE's annual Operational Memorandum](#) regarding the annual process for submitting the healthy food certification (HFC) statement. For additional information on the HFC application process, visit the ["Apply"](#) section of the CSDE's HFC webpage.

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[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Food\\_Beverage\\_Exemptions\\_Public\\_Schools.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Food_Beverage_Exemptions_Public_Schools.pdf)

# CNS Categories



# Six CNS Food Categories

1. Snacks
2. Entrees sold only a la carte
3. Non-entree combination foods
4. Cooked grains such as rice, pasta, and quinoa
5. Soups
6. Fruits and vegetables



# CNS Category 1: Snacks



# Examples of Foods in Snacks Category

- Chips
- Crackers
- Popcorn
- Rice cakes
- Hard pretzels
- Pita chips
- Snack mix
- Breakfast cereals (e.g., cold RTE cereals and cooked hot cereals such as oatmeal)
- Trail mix
- Nuts and seeds
- Peanut butter and other nut/seed butters
- Meat snacks (e.g., jerky and meat sticks)
- Cookies, cereal bars, granola bars
- Bakery items (e.g., pastries, toaster pastries, muffins, waffles, pancakes)
- French toast
- Soft pretzels, and rolls)
- Frozen desserts, ice cream (including ice cream novelties)
- Cheese
- Pudding
- Yogurt
- Smoothies made with low-fat yogurt and fruits/vegetables/100 percent juice

# CNS Category 2: Entrees

## Sold Only A La Carte



# Entrees Sold Only A La Carte

CNS applies *only* to entrees sold *only a la carte*, i.e., entrees that are *not* part of a reimbursable meal



# Entree Exemptions

- Entree items that are sold a la carte during the *meal service on the same day* that they are planned and served as part of reimbursable school meals are *exempt* from CNS if they
  - are the same or smaller portion size
  - have the same accompaniments
  - meet the trans fat standard
  - do not contain artificial sweeteners, nonnutritive sweeteners, sugar alcohols, or chemically altered fat substitutes



# Entree Exemptions



- Entree exemptions *do not apply to any other reimbursable meal items that are also sold a la carte* such as fruits, vegetables, soups, breads, rice, and pasta
- **Examples**
  - French fries that are part of a reimbursable meal cannot be sold a la carte unless they meet the CNS for the fruits and vegetables category
  - Muffins that are part of a reimbursable meal cannot be sold a la carte unless they meet the CNS for the snacks category

# Entrees sold only a la carte must meet

1. the CNS entree definition **AND**
2. at least one of the three CNS general standards (entrees that contain grains must also meet the WGR standard) **AND**
3. all CNS nutrient standards for the entree category

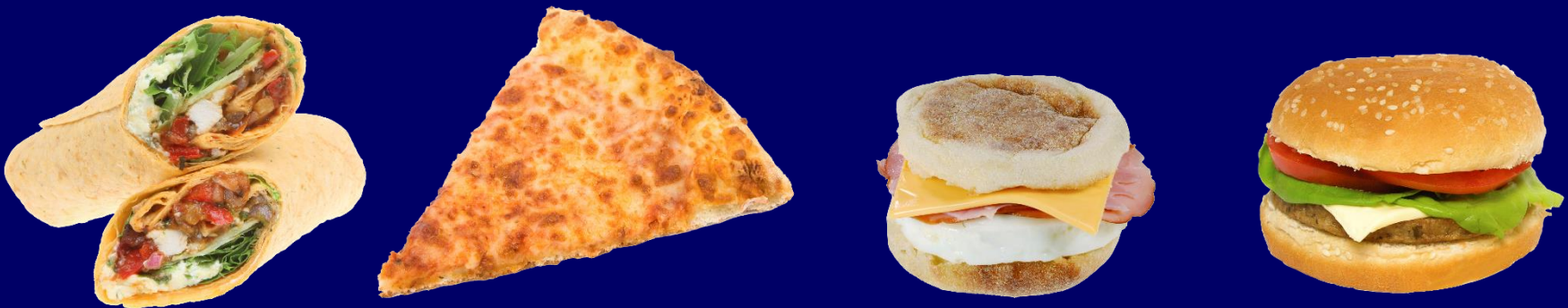


# CNS Entree Definition

Three categories of *main dish* food items

**1.** A combination food of *meat/meat alternate and WGR food*

- If the entree contains grains, the grain portion must meet the WGR general standard (see slide 77)



# CNS Entree Definition

Three categories of *main dish* food items

2. A combination food of meat/meat alternate and vegetable/fruit



# CNS Entree Definition

Three categories of *main dish* food items

3. A *meat/meat alternate* alone excluding

- yogurt \*
- low-fat or reduced fat cheese \*
- nuts, seeds, nut/seed butters \*
- meat snacks, e.g., jerky and meat sticks \*



\* These foods are not main dish items, and must be evaluated under the snacks category

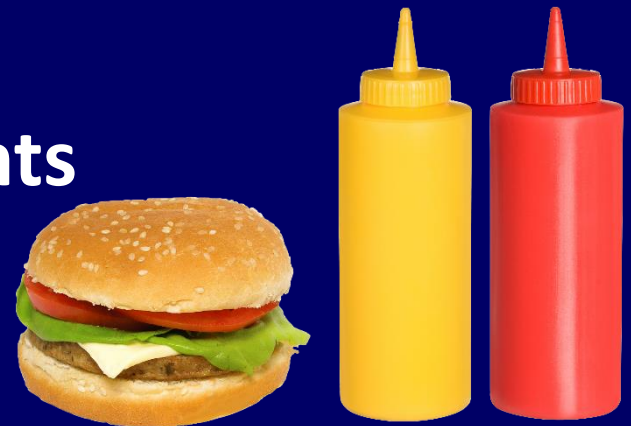
# CNS Entree Definition



- The CNS entree definition is *different* from the NSLP and SBP
- Foods defined by the menu planner as *entrees in the NSLP or SBP* might not meet the CNS definition for entrees
  - **Example:** A menu planner might feature French toast and pancakes as the “entree” for lunch, but these foods do not meet the CNS entree definition because they do not contain a meat/meat alternate (they are in the CNS snack category)

# Evaluating Entrees for CNS Compliance

- Based on *amount served* including any added accompaniments, such as
  - hamburger with ketchup
  - chicken nuggets with dipping sauce
  - taco with taco sauce
  - stir-fry chicken with duck sauce
- See slides 190-191 for more information on accompaniments



# Test Your Knowledge: Is it an entree?



# Test Your Knowledge:

## Is it an entree?

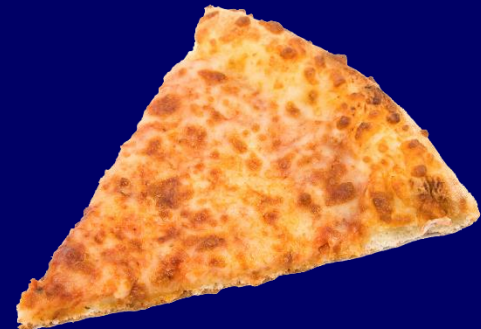
Indicate if each food item meets the CNS entree definition

- Products that meet the entree definition and are ***sold as part of reimbursable meals*** can be sold a la carte during the meal service on the ***same day*** that they are served as part of reimbursable meals
- Products that meet the entree definition and are ***sold only a la carte*** must meet at least one of the three CNS general standards and all of the CNS nutrient standards for the entree category



# Product 1: Cheese Pizza with WGR Crust

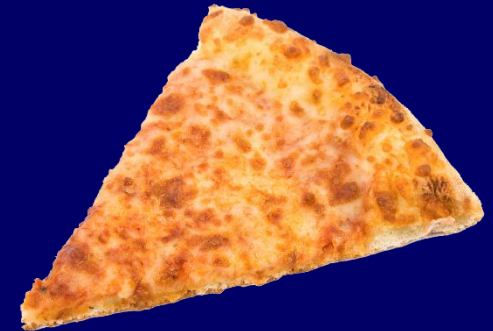
- ☐ Combination food of meat/meat alternate and WGR food
- ☐ Combination food of meat/meat alternate and vegetable/fruit
- ☐ Meat/meat alternate alone
- ☐ Not an entree



# Product 1: Cheese Pizza with WGR Crust

Answer

- ☒ **Combination food of meat/meat alternate and WGR food \***
- ☐ **Combination food of meat/meat alternate and vegetable/fruit**
- ☐ **Meat/meat alternate alone**
- ☐ **Not an entree**



**\* Cheese = meat/meat alternate  
WGR crust = WGR food**

## Product 2: Low-fat Cheese Stick

- ☐ Combination food of meat/meat alternate and WGR food
- ☐ Combination food of meat/meat alternate and vegetable/fruit
- ☐ Meat/meat alternate alone
- ☐ Not an entree



## Product 2: Low-fat Cheese Stick

Answer

- ☐ Combination food of meat/meat alternate and WGR food
- ☐ Combination food of meat/meat alternate and vegetable/fruit
- ☐ Meat/meat alternate alone
- ☒ **Not an entree: *Cheese served alone is in the CNS snacks category (see slide 36)***



## Product 3: Three-bean Vegetarian Chili

- ☐ Combination food of meat/meat alternate and WGR food
- ☐ Combination food of meat/meat alternate and vegetable/fruit
- ☐ Meat/meat alternate alone
- ☐ Not an entree



## Product 3: Three-bean Vegetarian Chili

Answer

- ☐ Combination food of meat/meat alternate and WGR food
- ☒ **Combination food of meat/meat alternate and vegetable/fruit \***
- ☐ Meat/meat alternate alone
- ☐ Not an entree



**\* Tomato sauce = vegetables**  
**Beans (legumes) = meat/meat alternate**

## Product 4: Vegetable Egg Roll (Whole-grain Wrapper), CN Labeled

- ☐ Combination food of meat/meat alternate and WGR food
- ☐ Combination food of meat/meat alternate and vegetable/fruit
- ☐ Meat/meat alternate alone
- ☐ Not an entree



## Product 4: Vegetable Egg Roll (Whole-grain Wrapper), CN Labeled

Answer

- ☐ Combination food of meat/meat alternate and WGR food
- ☐ Combination food of meat/meat alternate and vegetable/fruit
- ☐ Meat/meat alternate alone
- ☒ **Not an entree: *Does not contain a meat/meat alternate***



## Product 5: Chicken Vegetable Stir-fry

- ☐ Combination food of meat/meat alternate and WGR food
- ☐ Combination food of meat/meat alternate and vegetable/fruit
- ☐ Meat/meat alternate alone
- ☐ Not an entree



## Product 5: Chicken Vegetable Stir-fry

Answer

- ☐ Combination food of meat/meat alternate and WGR food
- ☒ **Combination food of meat/meat alternate and vegetable/fruit \***
- ☐ Meat/meat alternate alone
- ☐ Not an entree



**\* Chicken = meat/meat alternate**  
**Vegetables = vegetable**

## Product 6: Breaded Chicken Breast on Enriched Bun

- ☐ Combination food of meat/meat alternate and WGR food
- ☐ Combination food of meat/meat alternate and vegetable/fruit
- ☐ Meat/meat alternate alone
- ☐ Not an entree



# Product 6: Breaded Chicken Breast on Enriched Bun

Answer

- ☐ Combination food of meat/meat alternate and WGR food
- ☐ Combination food of meat/meat alternate and vegetable/fruit
- ☐ Meat/meat alternate alone
- ☒ **Not an entree: *Grain portion is not WGR***



# Product 7: Chicken Nuggets with Enriched Breading

- ☐ Combination food of meat/meat alternate and WGR food
- ☐ Combination food of meat/meat alternate and vegetable/fruit
- ☐ Meat/meat alternate alone
- ☐ Not an entree



# Product 7: Chicken Nuggets with Enriched Breading

Answer

- ☐ Combination food of meat/meat alternate and WGR food
- ☐ Combination food of meat/meat alternate and vegetable/fruit
- ☐ Meat/meat alternate alone
- ☒ **Not an entree: *Grain portion is not WGR***



## Product 8: Chicken Nuggets with Whole-grain Breading

- ☐ Combination food of meat/meat alternate and WGR food
- ☐ Combination food of meat/meat alternate and vegetable/fruit
- ☐ Meat/meat alternate alone
- ☐ Not an entree



# Product 8: Chicken Nuggets with Whole-grain Breading

Answer

- ☒ Combination food of meat/meat alternate and WGR food \*
- ☐ Combination food of meat/meat alternate and vegetable/fruit
- ☐ Meat/meat alternate alone
- ☐ Not an entree



\* Chicken = meat/meat alternate  
WGR breading = WGR food

## Product 9: Low-fat Yogurt

- ☐ Combination food of meat/meat alternate and WGR food
- ☐ Combination food of meat/meat alternate and vegetable/fruit
- ☐ Meat/meat alternate alone
- ☐ Not an entree



## Product 9: Low-fat Yogurt

Answer

- ☐ Combination food of meat/meat alternate and WGR food
- ☐ Combination food of meat/meat alternate and vegetable/fruit
- ☐ Meat/meat alternate alone
- ☒ **Not an entree: *Yogurt served alone is in the CNS snacks category (see slide 36)***



## Product 10: Yogurt and Fruit Parfait

- ☐ Combination food of meat/meat alternate and WGR food
- ☐ Combination food of meat/meat alternate and vegetable/fruit
- ☐ Meat/meat alternate alone
- ☐ Not an entree



# Product 10: Yogurt and Fruit Parfait

Answer

- ☐ Combination food of meat/meat alternate and WGR food
- ☒ **Combination food of meat/meat alternate and vegetable/fruit \***
- ☐ Meat/meat alternate alone
- ☐ Not an entree



**\* Yogurt = meat/meat alternate  
Fruit = fruit**

# Product 11: Yogurt and Fruit Smoothie

- ☐ Combination food of meat/meat alternate and WGR food
- ☐ Combination food of meat/meat alternate and vegetable/fruit
- ☐ Meat/meat alternate alone
- ☐ Not an entree



# Product 11: Yogurt and Fruit Smoothie

Answer

- ☐ Combination food of meat/meat alternate and WGR food
- ☒ **Combination food of meat/meat alternate and vegetable/fruit \***
- ☐ Meat/meat alternate alone
- ☐ Not an entree



**\* Yogurt = meat/meat alternate  
Fruit = fruit**

# Product 11: Nuts and Seeds

- ☐ Combination food of meat/meat alternate and WGR food
- ☐ Combination food of meat/meat alternate and vegetable/fruit
- ☐ Meat/meat alternate alone
- ☐ Not an entree



# Product 11: Nuts and Seeds

Answer

- ☐ Combination food of meat/meat alternate and WGR food
- ☐ Combination food of meat/meat alternate and vegetable/fruit
- ☐ Meat/meat alternate alone
- ☒ **Not an entree: *Nuts and seeds are in the CNS snacks category (see slide 36)***



# CNS Category 3: Non-entree Combination Foods



# Non-entree Combination Foods

- Nutrient-rich combination foods that do not meet the entree definition, such as
  - WGR vegetable egg rolls
  - carrot sticks with peanut butter
  - vegetables with hummus dip



# CNS Category 4: Cooked Grains



# Cooked Grains Category

- Cooked grains such as rice, pasta, and quinoa
- Does not include cooked breakfast cereals such as oatmeal
  - Cooked breakfast cereals are in the snacks category



# CNS Category 5: Soups



# Soups Category

- Ready-to-serve
- Canned
- Frozen
- Rehydrated



# CNS Category 6: Fruits and Vegetables



# Fruits and Vegetables

- Fresh
- Frozen
- Canned
- Dried, including fruit snacks that are 100 percent fruit)



# Exemption for Fruits and Vegetables

CNS does not apply to

- *Fresh and frozen fruits and vegetables* with no added ingredients except water
- *Canned fruits with no added ingredients* except water or that are packed in 100% juice, extra light syrup, or light syrup
- *Low sodium/no salt added canned vegetables* with no added fats



# General Standards



# Three General Standards

The product is a food that

**1.** is whole grain-rich (WGR)

**OR**

**2.** contains a food group as the first ingredient

**OR**

**3.** is a combination food that contains at least  $\frac{1}{4}$  cup of fruit and/or vegetable per serving



# General Standard 1: Whole Grain-rich



# General Standard 1: WGR \*

- To meet this standard, a food must meet three WGR criteria
  1. Contains *at least 50%* whole grains by weight
  2. Any other grain ingredients are *enriched*
  3. Complies with limit for *noncreditable grains*

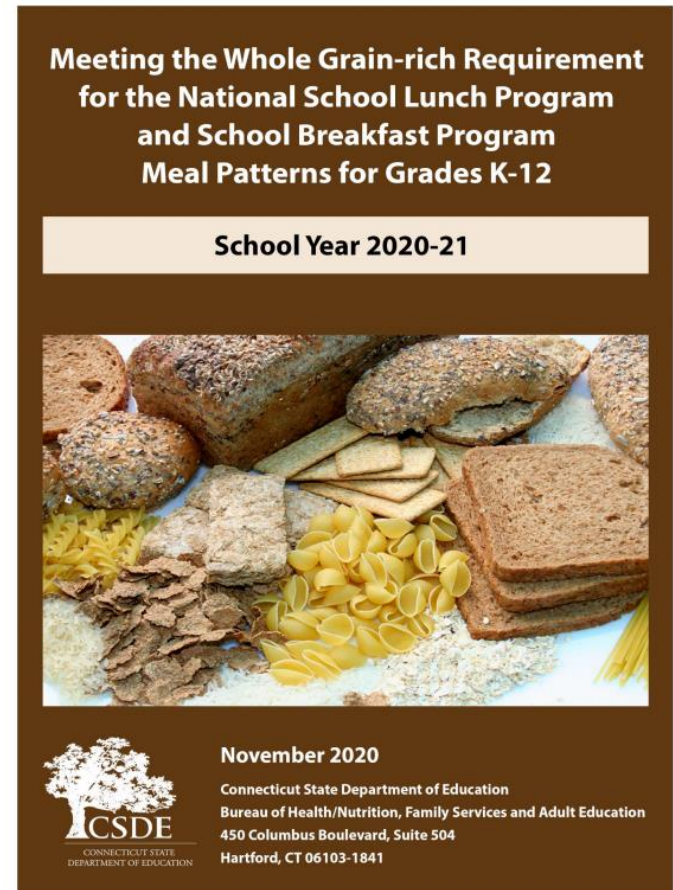


\* Same as WGR requirement for school meals

# CSDE Resource

## Meeting the Whole Grain-rich Requirement for the NSLP and SBP Meal Patterns for Grades K-12

- Guidance on how to determine if a food is WGR
- Applies to the WGR requirement for school meals and the CNS WGR general standard



<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/WGRRequirementSNPgradesK-12.pdf>

# WGR Criterion 1: Determining if commercial products are at least 50% whole grain

## Three allowable methods

- **Method 1:** Whole grain is *first* ingredient, with an exception for water
- **Method 2:** Product's packaging or PFS indicates that product contains the *minimum grain content for 1 oz eq*, as required for the appropriate grain group (A-I) in the USDA's Exhibit A chart
- **Method 3:** Product's packaging contains *FDA's whole grain health claim* (not common)

# Grain Products

Examples: Breads, muffins, pancakes, crackers, rice, pasta, quinoa, and cooked breakfast cereals (e.g., oatmeal)



Contains at least 50% whole grains if	Sample ingredients
Whole grain is <b>first</b> ingredient	<b>WHOLE-WHEAT FLOUR</b> , sugar, wheat gluten. Contains 2% or less of each of the following: honey, salt, yellow corn flour, yeast, molasses
Water is <b>first</b> ingredient and whole grain is <b>second</b> ingredient	Water, <b>WHOLE-WHEAT FLOUR</b> , enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), yeast, wheat gluten

# Combination Foods Containing a Grain Portion

Examples: Pizza, lasagna, breaded chicken nuggets, burritos



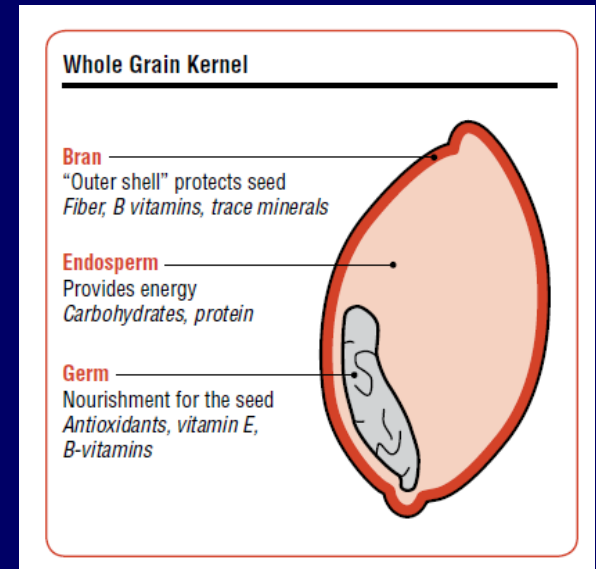
Contains at least 50% whole grains if	Sample ingredients
Whole grain is first <i>grain</i> ingredient	Boneless, skinless chicken breast with rib meat, water, <b>WHOLE-WHEAT FLOUR</b> , contains 2% or less of the following: dried garlic, dried onion, salt, soybean oil, spice, sugar, turmeric, yeast
Whole grain is first ingredient in the <i>grain portion</i>	Chicken, water, salt, and natural flavor. <b>Breaded with: WHITE WHOLE-WHEAT FLOUR</b> , water, wheat starch, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, spices

# How to Identify Whole Grains

A grain is whole grain if *any* of the following apply

## 1. Grain name states “whole”

- Whole wheat flour
- Whole grain corn
- Whole grain wheat
- Whole rye flour



# How to Identify Whole Grains

## 2. Grain name includes *other names* for whole grains

- Amaranth
- Berries and groats (e.g., wheat berries, rye berries, oat groats, buckwheat groats)
- Brown rice
- Brown rice flour
- Bulgur
- Buckwheat
- Cracked wheat
- Dehulled barley
- Graham flour
- Masa (whole corn treated with lime)
- Millet
- Oats or oatmeal (old-fashioned, quick-cooking, instant, rolled oats)
- Quinoa
- Sorghum
- Sprouted wheat
- Teff
- Triticale

# How to Identify Whole Grains

3. Grain has a *FDA standard of identity* that indicates they are whole grain

- Cracked wheat
- Crushed wheat
- Whole-wheat flour
- Graham flour
- Entire-wheat flour
- Bromated whole-wheat flour
- Whole durum wheat flour



# How to Identify Whole Grains

## 4. Corn ingredient is *nixtamalized*

- Nixtamalization = soaking and cooking dried corn in an alkaline (slaked lime) solution
- Credit as *whole grains*

Hominy

Masa harina  
(corn flour)

Corn masa  
(dough from  
masa harina)



# Considerations for WGR Criterion 1:

## Reviewing Products with Multiple Whole Grains

Whole grain is **not** first ingredient, but product contains **more than one whole grain**



### Example

*Unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, WHOLE-WHEAT FLOUR, WHOLE OATS, sugar, wheat gluten, yeast, soybean oil, salt*

### Required Information

PFS must indicate that the combined whole grains (whole wheat flour and whole oats) weigh **more** than the enriched flour

# Considerations for WGR Criterion 1:

## Reviewing Products with Flour Blends

First ingredient is <i>flour blend</i> of whole and enriched flour	Example	Required Information
	Water, <i>flour blend (whole wheat flour, enriched wheat flour)</i> , brown sugar, corn oil, nonfat dry milk, yeast, cinnamon, dough conditioner (soybean oil, vegetable glycerides, soy flakes), salt, wheat gluten	<p>PFS must indicate:</p> <ul style="list-style-type: none"> <li>• whole grain content is <i>at least 8 grams per oz eq</i> (groups A-G)</li> </ul> <p><b>OR</b></p> <ul style="list-style-type: none"> <li>• the weight of whole grain is <i>more than the first ingredient listed after</i> the flour blend</li> </ul>

# CSDE Resource

## Crediting Whole Grains in the NSLP and SBP

### ■ Guidance on how to identify whole grains

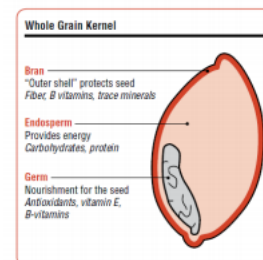
#### Crediting Whole Grains in the National School Lunch Program and School Breakfast Program

This guidance applies to the meal patterns for grades K-12 and preschoolers (ages 1-4) in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP), School Breakfast Program (SBP), Seamless Summer Option (SSO) of the NSLP, and Afterschool Snack Program (ASP) of the NSLP. For a comparison of each program's meal pattern requirements for the grains component, review the Connecticut State Department of Education's (CSDE) handout, *Comparison of Meal Pattern Requirements for the Grains Component in the School Nutrition Programs*.



Whole grains consist of the entire cereal grain seed or kernel, after removing the inedible outer husk or hull. The kernel includes the starchy endosperm, the fiber-rich bran, and the nutrient-rich germ. Usually the grain kernel is cracked, crushed, flaked, or ground during the milling process. A finished grain product is considered whole grain if it contains the same relative amounts of bran, germ, and endosperm as the original grain.

Whole grains contain a wide variety of nutrients that help reduce the risk of chronic diseases. The CSDE encourages school food authorities (SFAs) to serve 100 percent whole-grain products most often. This provides the best nutrition for children.



#### Whole Grain-rich (WGR) Requirement

The meal patterns for grades K-12 and preschoolers have different WGR requirements and crediting criteria. WGR foods are required by the meal patterns for grades K-12 in the NSLP, SBP, and SSO, and the meal patterns for preschoolers in the NSLP, SBP, SSO, and ASP. WGR foods are not required by the ASP meal pattern for grades K-12. As a best practice, the CSDE encourages ASP sponsors to serve WGR grains.

#### Grades K-12 in the NSLP, SBP, and SSO

For school year 2020-21, all grains offered at lunch and breakfast must be WGR. For information on the WGR criteria for grades K-12, review the CSDE's guides, *Meeting the Whole Grain-rich Requirement for the NSLP and SBP Meal Patterns for Grades K-12* and *Menu Planning Guide for School Meals for Grades K-12*.

# WGR Criterion 2:

## All Other Grains are Enriched

Enriched grains contain *five nutrients* added within limits specified by the FDA

1. *Thiamin* (vitamin B1, thiamin mononitrate, thiamin hydrochloride)
2. *Riboflavin* (vitamin B2)
3. *Niacin* (vitamin B3, niacinamide)
4. *Folic acid* (folate)
5. *Iron* (reduced iron, ferrous sulfate, ferric orthophosphate)

Whole-wheat flour,  
*enriched wheat flour*  
*[flour, malted barley*  
*flour, reduced iron,*  
*niacin, thiamin*  
*mononitrate (vitamin*  
*B1), riboflavin (vitamin*  
*B2), folic acid],* water,  
yeast, salt, sugar

# CSDE Resource

## Crediting Enriched Grains in the NSLP and SBP

- Requirements for enriched grains
- Guidance on how to identify enriched grains
- Applies to CNS WGR general standard and WGR requirement for school meals

### Crediting Enriched Grains in the National School Lunch Program and School Breakfast Program

This guidance applies to the meal patterns for grades K-12 and preschoolers (ages 1-4) in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP), School Breakfast Program (SBP), Seamless Summer Option (SSO) of the NSLP, and Afterschool Snack Program (ASP) of the NSLP. For information on the meal patterns and crediting foods for grades K-12, visit the CSDE's webpages, [Meal Patterns for Grades K-12 in School Nutrition Programs](#), [Crediting Foods for Grades K-12 in the ASP](#), and [Crediting Foods in School Nutrition Programs](#). For information on the meal patterns and crediting foods for preschoolers, visit the Connecticut State Department of Education's (CSDE) [Meal Patterns for Preschoolers in School Nutrition Programs](#) webpage.



Enriched grains are refined grains (such as wheat, rice, and corn) and grain products (such as cereal, pasta, and bread) that have certain vitamins and minerals added to replace some of the nutrients lost during processing. The five enrichment nutrients are defined by the Food and Drug Administration (FDA) and include thiamin (vitamin B<sub>1</sub>, thiamin mononitrate, or thiamin hydrochloride); riboflavin (vitamin B<sub>2</sub>); niacin (vitamin B<sub>3</sub> or niacinamide); folic acid (folate); and iron (reduced iron, ferrous sulfate, or ferric orthophosphate). Enriched products are not nutritionally equivalent to whole-grain products because enrichment does not replace all of the nutrients originally present in the whole grain.



If the grain product includes enriched ingredients or the product itself is enriched, the ingredients or product must meet the applicable FDA standard of identity for enrichment. Examples of enriched ingredients include enriched flour (21 CFR 137.165) and enriched cornmeal (21 CFR 137.260). Examples of enriched products include enriched bread, rolls, and buns (21 CFR 136.115); enriched macaroni products (21 CFR 139.115); enriched noodle products (21 CFR 139.155); enriched rice (21 CFR 137.350); and enriched farina (21 CFR 137.305).

#### Crediting Requirements

The meal patterns for grades K-12 and preschoolers have different crediting requirements for enriched grains. Products that contain **only enriched grains** (such as enriched white rice, enriched bread, and enriched crackers), credit as the grains component in the ASP meal patterns for grades K-12; and the NSLP, SBP, and ASP meal patterns for preschoolers. However, they do not credit as the grains component in the NSLP and SBP meal patterns for grades K-12. For information on the meal pattern requirements for the grains component in each school nutrition program, review the CSDE's resource, [Comparison of Meal Pattern Requirements for the Grains Component in the School Nutrition Programs](#).

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# WGR Criterion 3:

## Noncreditable Grains Limit

- Combined total of all noncreditable grains must be *less than 2%* of product formula

Grain group (oz eq chart)	Limit of noncreditable grains per oz eq
Groups A-G: Baked goods	3.99 grams
Group H: Cereal grains	6.99 grams
Group I: RTE breakfast cereals	6.99 grams

# Examples of Noncreditable Grain Ingredients <sup>1</sup>

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• <b>Bran</b>, e.g., corn bran, wheat bran, oat bran</li><li>• <b>Corn</b> <sup>2</sup>, e.g., cornmeal, corn flour, degermed corn, stone-ground corn, yellow corn flour</li><li>• <b>Fiber</b>, e.g., corn fiber, soluble corn fiber, oat fiber, oat hull fiber, soluble corn fiber, and soy fiber</li><li>• <b>Flour</b> <sup>2</sup>, e.g., durum flour, malted barley flour, fermented wheat flour, rice flour, semolina flour, stone-ground corn flour, white flour, wheat flour</li><li>• <b>Germ</b>, e.g., wheat germ</li><li>• <b>Grits</b> <sup>2</sup>, e.g., corn grits, durum grits, barley grits</li></ul> | <ul style="list-style-type: none"><li>• <b>Modified food starch</b>, e.g., modified corn starch, modified rice starch, modified tapioca starch, modified wheat starch</li><li>• <b>Rice, white</b> (not enriched)</li><li>• <b>Vegetable and legume flours</b>, e.g., chickpea flour, fava bean flour, pea flour, potato flour, soy flour</li><li>• <b>Soy products</b>, e.g., soy flakes, soy grits</li><li>• <b>Starch</b>, e.g., corn starch, cultured wheat starch, hydrolyzed starch, potato starch, rice starch, tapioca starch</li></ul> |
|--|---|

<sup>1</sup> This list is not all-inclusive

<sup>2</sup> If not whole grain, enriched, or nixtamalized

# Documentation for Noncreditable Grains

- May need to obtain PFS to document amount of noncreditable grains
- Manufacturers must use USDA's PFS format or provide the same information
- Can ignore noncreditable grains in five situations

United States Department of Agriculture

Food and Nutrition Service

Product Formulation Statement for Documenting Grains  
in Child Nutrition Programs

(Crediting Standards Based on Grams of Creditable Grains [ounce equivalents])

Child Nutrition (CN) Program Operators should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. CN Program Operators have the option to choose the crediting method that best fits their specific needs for menu planning.

Product Name: Wheat Smile Pancakes Code No.: 14005

Manufacturer: ABC Bread Company Serving Size: 2 pancakes - 50g (1.75 oz.)

(raw dough weight may be used to calculate creditable grain amount)

I. Does the product meet the Whole Grain-Rich Criteria: Yes X No \_\_\_\_\_

II. Does the product contain non-creditable grains: Yes \_\_\_\_\_ No X How many grams: \_\_\_\_\_

(Products with more than 0.24 ounce (oz.) equivalent (eq.) or 3.99 grams (g) for Groups A-G or 6.99g for Groups H and I of non-creditable grains may not credit towards the grain requirements for school meals.)

III. See Exhibit A: Grain Requirements for Child Nutrition Programs in the FBG to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I ( RTE breakfast cereals). (Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16g creditable grain per oz. eq.; Group H uses the standard of 28g creditable grain per oz. eq.; and Group I is reported by volume or weight.)

Indicate to which Exhibit A Group (A-I) the Product Belongs: C

DESCRIPTION OF CREDITABLE GRAIN INGREDIENT*	GRAMS OF CREDITABLE GRAIN INGREDIENT PER PORTION†	GRAM STANDARD OF CREDITABLE GRAIN PER OZ. EQUIVALENT (16g or 28g)‡		CREDITABLE AMOUNT
		A	B	
Whole wheat flour (30%)	15	16		0.9375
Enriched flour (22%)	11	16		0.6875
			Total	1.625
			Total Creditable Amount§	1.50

\* Creditable grains vary by CN Program. See the FBG for specific Program requirements.

† Serving size (X% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.

‡ Standard grams of creditable grains from the corresponding Group in Exhibit A.

§ Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz. eq. Do not round up.

Total weight (per portion) of product as purchased 50g (1.75 oz.)

Total contribution of product (per portion) 1.50 oz. eq.

I certify that the above information is true and correct and that a 1.75 ounce portion of this product (ready for serving) provides 1.50 oz. eq. grains. I further certify that non-creditable grains are not above 0.24 oz. eq. per portion. Products with more than 0.24 oz. eq. or 3.99g for Groups A-G or 6.99g for Groups H and I of non-creditable grains may not credit towards the grain requirements for school meals.

Signature \_\_\_\_\_ Title \_\_\_\_\_

Printed Name \_\_\_\_\_ Date \_\_\_\_\_ Phone Number \_\_\_\_\_

Product Formulation Statement (PFS) with ounce equivalents of grains highlighted

November 2019

# Five Situations to Ignore Noncreditable Grains

**1** Ignore noncreditable grains when

only *one* is listed *after* the statement “contains 2% or less”



Example

Whole-wheat flour, sugar, wheat gluten. **Contains 2% or less of each of the following:** honey, salt, ~~yellow corn flour~~, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono-and diglycerides, l-cysteine, enzymes

# Five Situations to Ignore Noncreditable Grains

## 2

Ignore  
noncreditable  
grains when

Example

listed in a *non-grain ingredient*,  
e.g., filling made  
with modified food  
starch and dough  
conditioner made  
with soy flakes or  
wheat starch



Whole-grain white wheat flour, **apple filling** (corn syrup, ~~modified food starch~~, evaporated apples, cinnamon, lemon juice, locust bean gum, erythorbic acid and potassium sorbate [used as preservatives]) water, margarine (palm oil, soybean oil, whey [milk], mono and diglycerides, soybean lecithin [soy], natural butter flavor, colored with beta carotene, vitamin A palmitate added), sugar, contains 2% or less of *rye flour*, *malted barley flour*, *wheat flour*, nonfat dry milk (nonfat dry milk, whey [milk]), salt, eggs, **egg replacer** (~~whole soy flour~~, wheat gluten, corn syrup solids, algin), **yeast** (leavening)

# Five Situations to Ignore Noncreditable Grains

3

Ignore  
noncreditable  
grains when


Example

listed in a *WGR  
fortified RTE  
breakfast cereal*



Whole-grain wheat, raisins, *wheat bran*, sugar, brown sugar syrup, contains 2% or less of salt, malt flavor. *Vitamins and Minerals:* Potassium chloride, niacinamide, reduced iron, vitamin B<sub>6</sub> (pyridoxine hydrochloride), zinc oxide, vitamin B<sub>2</sub> (riboflavin), vitamin B<sub>1</sub> (thiamin hydrochloride), vitamin A palmitate, folic acid, vitamin D, vitamin B<sub>12</sub>

# Five Situations to Ignore Noncreditable Grains

4 Ignore noncreditable grains when	Example
<p>listed in a <i>WGR fortified RTE breakfast cereal</i> that is an ingredient in a cereal bar</p> 	<p>Whole-grain oats, <b>Cereal</b> (whole-grain wheat, sugar, <del>cornmeal</del>, brown sugar syrup, canola oil, dextrose, baking soda, salt, calcium carbonate, trisodium phosphate, zinc and iron [mineral nutrients], vitamin C, niacinamide, vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin B1 [thiamin mononitrate], vitamin A [palmitate], folic acid, vitamin B12, vitamin D, BHT added to retain freshness), sugar, canola oil, fructose, brown rice flour), marshmallows (sugar, dextrose, <del>modified cornstarch</del>, corn syrup, cocoa, gelatin, natural and artificial flavor), chicory root extract, maltodextrin. Contains 2% or less of: whole-corn flour, glycerin, whole-grain oat flour, <del>wheat starch</del>, <del>modified wheat starch</del>, salt, gelatin, natural flavor.</p>

# Five Situations to Ignore Noncreditable Grains

**5** Ignore noncreditable grains when

listed in the *non-grain portion of a combination food*, such as MMA, vegetables, or fruits



Example

**Filling:** Fat-free ricotta cheese (whey, skim milk [made from nonfat dry milk powder], vinegar, xanthan gum, carrageenan), egg, low moisture part skim mozzarella cheese (cultured part skim milk, salt, enzymes), whey protein isolate, sodium caseinate, Romano cheese made from cow's milk (cultured milk, salt, enzymes), ~~bleached wheat flour~~, garlic salt (salt, dehydrated garlic), salt, ~~modified cornstarch~~, sugar, dehydrated garlic.

**Pasta:** Whole-wheat flour, enriched durum wheat flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, egg

# Test Your Knowledge: WGR General Standard



# Test Your Knowledge: WGR General Standard

Indicate if each food item

- meets the WGR general standard (see slides 76-98) **OR**
- requires a PFS from the manufacturer to provide more information



The answers show creditable grains (whole and enriched) in *green italics* with whole grains in *UPPERCASE*, and noncreditable grains in *red italics*

## ▶▶ **Reminder: Three WGR Criteria**

### *WGR Criterion 1: At Least 50% Whole Grain*

To meet this criterion, the product must

- list a whole grain as the first ingredient **OR**
- list water as the first ingredient and a whole grain as the second ingredient **OR**
- have a PFS indicating that the combined weight of all whole grains is the greatest ingredient by weight

## ▶▶ **Reminder: Three WGR Criteria**

### *WGR Criterion 2: Any Other Grains are Enriched*

To meet this criterion

- all creditable grains other than whole grains must be enriched **OR**
- the product is 100 percent whole grain (all creditable grains are whole)

## ▶▶ **Reminder: Three WGR Criteria**

### ***WGR Criterion 3: Noncreditable Grains Meet Limit***

To meet this criterion, the product

- does not contain any noncreditable grains **OR**
- lists only one noncreditable grain after the statement, “contains 2% or less” **OR**
- has a PFS indicating that the combined weight of all noncreditable grains does not exceed 3.99 grams for groups A-G or 6.99 grams for groups H-I

# Product 1: Whole-wheat Bagel Brand A

**Ingredients:** Whole-wheat flour, enriched bromated wheat flour (niacin [a-B vitamin], thiamine mononitrate [vitamin B-1], ferrous sulfate [iron], riboflavin [vitamin B-2], and folic acid), water, brown sugar, granulated sugar. Contains 2% or less of the following ingredients: salt, vital wheat gluten, mono & diglycerides, honey, corn meal, calcium propionate, malted barley flour, molasses powder (molasses, wheat starch), ammonium chloride, ascorbic acid (vitamin C), l-cysteine hydrochloride, azodicarbonamide (ADA), calcium sulfate, enzymes

- ☐ **Criterion 1: Whole grain**
- ☐ **Criterion 2: Enriched**
- ☐ **Criterion 3: Noncreditable**

# Product 1: Whole-wheat Bagel Brand A

Answer

Ingredients: *WHOLE-WHEAT FLOUR*, enriched bromated wheat flour (niacin [*a-B vitamin*], thiamine mononitrate [*vitamin B-1*], ferrous sulfate [*iron*], riboflavin [*vitamin B-2*], and folic acid), water, brown sugar, granulated sugar. Contains 2% or less of the following ingredients: salt, vital wheat gluten, mono & diglycerides, honey, *corn meal*, calcium propionate, *malted barley flour*, molasses powder (molasses, ~~wheat-starch~~), ammonium chloride, ascorbic acid (vitamin C), l-cysteine hydrochloride, azodicarbonamide (ADA), calcium sulfate, enzymes

- ☑ Criterion 1: Whole grain *whole-wheat flour*
- ☑ Criterion 2: Enriched *enriched bromated wheat flour*
- ☐ Criterion 3: Noncreditable *corn meal and malted barley flour*

To meet this criterion, PFS must document that combined weight of noncreditable grains  $\leq 3.99$  grams

Ignore noncreditable grains in **non-grain ingredients** (see slide 95)

## Product 2: Whole-wheat Bagel Brand B

**Ingredients:** Whole-wheat flour, sugar, wheat gluten. Contains 2% or less of each of the following: honey, salt, yellow corn flour, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono-and diglycerides, l-cysteine, enzymes

- ☐ **Criterion 1: Whole grain**
- ☐ **Criterion 2: Enriched**
- ☐ **Criterion 3: Noncreditable**

## Product 2: Whole-wheat Bagel Brand B

Answer

Ingredients: **WHOLE-WHEAT FLOUR**, sugar, wheat gluten.

Contains 2% or less of each of the following: honey, salt, ~~yellow-corn-flour~~, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (date), ascorbic acid, mono- and diglycerides, l-cysteine, enzymes

- ✓ Criterion 1: Whole grain **whole-wheat flour**
- ✓ Criterion 2: Enriched **none (100 percent whole grain)**
- ✓ Criterion 3: Noncreditable **none**

Ignore if only one noncreditable grains listed after “Contains 2% or less” (see situation 1 on slide 94)

WGR: To comply with CNS, must also meet nutrient standards

## Product 3: Cinnamon Graham Crackers

**Ingredients: Whole-wheat (graham) flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, canola oil, cinnamon, invert syrup, calcium carbonate, leavening (baking soda, monocalcium phosphate), salt, natural flavor**

- ☐ **Criterion 1: Whole grain**
- ☐ **Criterion 2: Enriched**
- ☐ **Criterion 3: Noncreditable**

## Product 3: Cinnamon Graham Crackers

Answer

Ingredients: *WHOLE-WHEAT (GRAHAM) FLOUR, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)*, sugar, canola oil, cinnamon, invert syrup, calcium carbonate, leavening (baking soda, monocalcium phosphate), salt, natural flavor

- ✓ Criterion 1: Whole grain *whole-wheat (graham) flour*
- ✓ Criterion 2: Enriched *enriched flour*
- ✓ Criterion 3: Noncreditable *none*



WGR: To comply with CNS, must also meet nutrient standards

## Product 4: Oatmeal Raisin Cookie

**Ingredients:** Sugar, whole-wheat flour, enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), rolled oats, raisins, eggs, soybean oil, margarine (palm oil, butter [cream, salt], water, contains 2% or less of salt, mono & diglycerides, natural flavor, citric acid, vitamin A palmitate added, beta carotene [color]), invert sugar, contains 2% or less of: water, mono- and diglycerides, molasses, maltodextrin, leavening (baking soda, sodium aluminum phosphate), salt, datem, soy lecithin, cinnamon, natural and artificial flavor

- ☐ **Criterion 1: Whole grain**
- ☐ **Criterion 2: Enriched**
- ☐ **Criterion 3: Noncreditable**

## Product 4: Oatmeal Raisin Cookie

Answer

Ingredients: Sugar, *WHOLE-WHEAT FLOUR, enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), ROLLED OATS*, raisins, eggs, soybean oil, margarine (palm oil, butter [cream, salt], water, contains 2% or less of salt, mono & diglycerides, natural flavor, citric acid, vitamin A palmitate added, beta carotene [color]), invert sugar, contains 2% or less of: water, mono- and diglycerides, molasses, maltodextrin, leavening (baking soda, sodium aluminum phosphate), salt, datem, soy lecithin, cinnamon, natural and artificial flavor

- ☐ Criterion 1: Whole grain *not listed first but contains two whole grains (whole-wheat flour and rolled oats)*  
To meet this criterion, PFS must document that combined weight of whole grains exceeds weight of sugar
- ☒ Criterion 2: Enriched *enriched flour*
- ☒ Criterion 3: Noncreditable *none*

## Product 5: Fruit-filled Bar

**Ingredients:** Enriched wheat flour (bleached flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, oatmeal, high fructose corn syrup, whole-wheat flour, corn syrup, palm oil, raisin paste, canola oil, applesauce (apples, ascorbic acid), eggs, soy lecithin, molasses, cinnamon, natural flavors contains milk), salt, baking soda, egg whites, sodium ascorbate (vitamin C)

- ☐ **Criterion 1: Whole grain**
- ☐ **Criterion 2: Enriched**
- ☐ **Criterion 3: Noncreditable**

## Product 5: Fruit-filled Bar

Answer

Ingredients: *Enriched wheat flour (bleached flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)*, sugar, *OATMEAL*, high fructose corn syrup, *WHOLE-WHEAT FLOUR*, corn syrup, palm oil, raisin paste, canola oil, applesauce (apples, ascorbic acid), eggs, soy lecithin, molasses, cinnamon, natural flavors contains milk), salt, baking soda, egg whites, sodium ascorbate (vitamin C)

- ☐ Criterion 1: Whole grain *not listed first but contains two whole grains (oatmeal and whole-wheat flour)*  
To meet this criterion, PFS must document that combined weight of whole grains exceeds weight of enriched flour
- ☒ Criterion 2: Enriched *enriched wheat flour*
- ☒ Criterion 3: Noncreditable *none*

## Product 6: Baked Fries Snack

**Ingredients:** Enriched corn meal, potato flakes, sunflower oil and/or safflower oil, sea salt, cheddar cheese powder [(cheddar cheese, milk, cheese cultures, salt, enzyme) whey, buttermilk, salt sodium phosphate, lactic acid, extractive of annatto], jalapeno pepper, cilantro, onion powder, natural flavor, lactic acid, citric acid, natural smoke flavor, spice

- ☐ **Criterion 1: Whole grain**
- ☐ **Criterion 2: Enriched**
- ☐ **Criterion 3: Noncreditable**

## Product 6: Baked Fries Snack

Answer

Ingredients: *Enriched corn meal*, potato flakes, sunflower oil and/or safflower oil, sea salt, cheddar cheese powder [(cheddar cheese, milk, cheese cultures, salt, enzyme) whey, buttermilk, salt sodium phosphate, lactic acid, extractive of annatto], jalapeno pepper, cilantro, onion powder, natural flavor, lactic acid, citric acid, natural smoke flavor, spice

- ☐ Criterion 1: Whole grain *none*
- ☒ Criterion 2: Enriched *enriched corn meal*
- ☒ Criterion 3: Noncreditable *none*



Product is not WGR

## Product 7: Peanut Butter Granola Bar

**Ingredients: Whole-grain oats, sugar, canola oil, yellow corn flour, honey, soy flour, brown sugar syrup, salt, soy lecithin, baking soda, natural flavor**

- ☐ **Criterion 1: Whole grain**
- ☐ **Criterion 2: Enriched**
- ☐ **Criterion 3: Noncreditable**

## Product 7: Peanut Butter Granola Bar

Answer

Ingredients: **WHOLE-GRAIN OATS**, sugar, canola oil, **yellow corn flour**, honey, **soy flour**, brown sugar syrup, salt, soy lecithin, baking soda, natural flavor

- ☒ Criterion 1: Whole grain **whole-grain oats**
- ☒ Criterion 2: Enriched **100% whole grain**
- ☐ Criterion 3: Noncreditable **yellow corn flour and soy flour**  
To meet this criterion, PFS must document that combined weight of noncreditable grains  $\leq 3.99$  grams

## Product 8: Cheddar Snack Mix

**Ingredients:** Whole wheat, enriched corn meal (degermed yellow corn meal, niacin, iron, thiamin mononitrate, riboflavin, folic acid), vegetable oil (soybean, rice bran), sugar, whey powder. Contains 2% or less of: buttermilk powder, corn syrup solids, salt, natural and artificial flavor, dried sour cream (cream, nonfat milk, cultures), monoglycerides, onion powder, trisodium phosphate, calcium carbonate, baking soda, yellow corn flour, yellow 6 lake, yellow 5 lake, freshness preserved by BHT

- ☐ Criterion 1: Whole grain
- ☐ Criterion 2: Enriched
- ☐ Criterion 3: Noncreditable

## Product 8: Cheddar Snack Mix

Answer

Ingredients: *WHOLE WHEAT, enriched corn meal (degermed yellow corn meal, niacin, iron, thiamin mononitrate, riboflavin, folic acid)*, vegetable oil (soybean, rice bran), sugar, whey powder. Contains 2% or less of: buttermilk powder, corn syrup solids, salt, natural and artificial flavor, dried sour cream (cream, nonfat milk, cultures), monoglycerides, onion powder, trisodium phosphate, calcium carbonate, baking soda, ~~yellow corn flour~~, yellow 6 lake, yellow 5 lake, freshness preserved by BHT

- ☑ Criterion 1: Whole grain *whole wheat*
- ☑ Criterion 2: Enriched *enriched corn meal*
- ☑ Criterion 3: Noncreditable *none*

Ignore if only one noncreditable grains listed after “Contains 2% or less” (see situation 1 on slide 94)

WGR: To comply with CNS, must also meet nutrient standards

## Product 9: Apple-filled Bread Stick

**Ingredients:** Crust: flour blend [whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)] water, brown sugar, corn oil, dough conditioner (soybean oil, vegetable glycerides, soy flakes), yeast, vital wheat gluten, salt, l-cysteine. Apple filling: water, corn syrup, evaporated apples (treated with sulfur dioxide to retain color), sugar, modified food starch, apple juice concentrate, citric acid, spices, salt, potassium sorbate, and sodium benzoate (to preserve freshness

- ☐ **Criterion 1: Whole grain**
- ☐ **Criterion 2: Enriched**
- ☐ **Criterion 3: Noncreditable**

# Product 9: Apple-filled Bread Stick

Answer

Ingredients: **CRUST:** flour blend [*WHOLE-WHEAT FLOUR, enriched flour (wheat flour, niacin, reduced iron, 1* dough conditioner (soybean oil, vegetable glycerides, *soy flakes*), corn oil dough conditioner (soybean oil, vegetable glycerides, *soy flakes*), yeast, vital wheat gluten, salt, l-cysteine. **APPLE FILLING:** water, corn syrup, evaporated apples (treated with sulfur dioxide to retain color), sugar, *modified food starch*, apple juice concentrate, citric acid, spices, salt, potassium sorbate, and sodium benzoate (to preserve freshness).

- ☐ Criterion 1: Whole grain *flour blend of whole and enriched flour*

To meet this criterion, PFS must document that whole-wheat flour weighs more than first ingredient after flour blend (excluding water) **OR** serving contains  $\geq 8$  grams whole grain per oz eq (see slide 87)

- ☒ Criterion 2: Enriched *enriched flour*
- ☒ Criterion 3: Noncreditable *none*

Ignore noncreditable grains in **non-grain ingredients** (see slide 95)

## Product 10: Nacho Cheese Tortilla Chips

**Ingredients:** Whole corn, vegetable oil (contains one or more of the following: corn, soybean, and/or sunflower oil), salt, cheddar cheese (milk, cheese cultures, salt, enzymes), corn dextrin, whey, corn maltodextrin, monosodium glutamate, tomato powder, buttermilk, romano cheese (part-skim cow's milk, cheese cultures, salt, enzymes), whey protein concentrate, onion powder, corn flour, disodium phosphate, natural and artificial flavor, dextrose, lactose, spices, artificial color (including yellow 6, yellow 5, red 40), lactic acid, citric acid, sugar, garlic powder, red and green bell pepper powder, nonfat milk, disodium inosinate, and disodium guanylate

- ☐ **Criterion 1: Whole grain**
- ☐ **Criterion 2: Enriched**
- ☐ **Criterion 3: Noncreditable**

# Product 10: Nacho Cheese Tortilla Chips

Answer

Ingredients: **WHOLE CORN**, vegetable oil (contains one or more of the following: corn, soybean, and/or sunflower oil), salt, cheddar cheese (milk, cheese cultures, salt, enzymes), corn dextrin, whey, corn maltodextrin, monosodium glutamate, tomato powder, buttermilk, romano cheese (part-skim cow's milk, cheese cultures, salt, enzymes), whey protein concentrate, onion powder, **corn flour**, disodium phosphate, natural and artificial flavor, dextrose, lactose, spices, artificial color (including yellow 6, yellow 5, red 40), lactic acid, citric acid, sugar, garlic powder, red and green bell pepper powder, nonfat milk, disodium inosinate, and disodium guanylate

- ☒ Criterion 1: Whole grain **whole corn**
- ☒ Criterion 2: Enriched **100% whole grain**
- ☐ Criterion 3: Noncreditable **corn flour**  
To meet this criterion, PFS must document that corn flour  $\leq 3.99$  grams

# Product 11: Cereal Bar

**Ingredients:** Whole-grain oats, CEREAL (whole grain corn, sugar, corn meal, corn syrup, whole grain corn flour, rice bran and/or canola oil, cocoa processed with alkali, color added, salt, tricalcium phosphate, fructose, calcium carbonate, natural and artificial flavor, corn starch, trisodium phosphate, zinc and iron [mineral nutrients], vitamin C [sodium ascorbate], a B vitamin [niacinamide], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin B1 [thiamin mononitrate], vitamin A [palmitate], a B vitamin [folic acid], vitamin B12, vitamin D3, BHT added to retain freshness), corn syrup, sugar, whole-wheat flour, fructose, canola and/or rice bran oil, brown rice flour, chicory root extract. Contains 2% or less of: cocoa processed with alkali, glycerin, calcium carbonate, whole oat flour, maltodextrin, modified wheat starch, whole corn flour, yellow corn flour, salt, color added, gelatin, baking soda, natural and artificial flavor, tricalcium phosphate, sulfiting agents, BHT added to retain freshness.

- ☐ Criterion 1: Whole grain
- ☐ Criterion 2: Enriched
- ☐ Criterion 3: Noncreditable

# Product 11: Cereal Bar

Answer

Ingredients: **WHOLE-GRAIN OATS**, **Cereal** (**WHOLE-GRAIN CORN**, sugar, ~~corn-meal~~, corn syrup, **WHOLE-GRAIN CORN FLOUR**, rice bran and/or canola oil, cocoa processed with alkali, color added, salt, tricalcium phosphate, fructose, calcium carbonate, natural and artificial flavor, ~~corn-starch~~, trisodium phosphate, zinc and iron [mineral nutrients], vitamin C [sodium ascorbate], a B vitamin [niacinamide], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin B1 [thiamin mononitrate], vitamin A [palmitate], a B vitamin [folic acid], vitamin B12, vitamin D3, BHT added to retain freshness), corn syrup, sugar, **WHOLE-WHEAT FLOUR**, fructose, canola and/or rice bran oil, **BROWN RICE FLOUR**, chicory root extract. Contains 2% or less of: cocoa processed with alkali, glycerin, calcium carbonate, **WHOLE OAT FLOUR**, maltodextrin, ~~modified wheat starch~~, **WHOLE CORN FLOUR**, ~~yellow corn flour~~, salt, color added, gelatin, baking soda, natural and artificial flavor, tricalcium phosphate, sulfiting agents, BHT added to retain freshness.

- ☑ Criterion 1: Whole grain **whole-grain oats**
- ☑ Criterion 2: Enriched **100% whole grain**
- ☐ Criterion 3: Noncreditable **modified wheat starch, yellow corn flour**

To meet this criterion, PFS must document that combined weight of noncreditable grains ≤ 3.99 grams

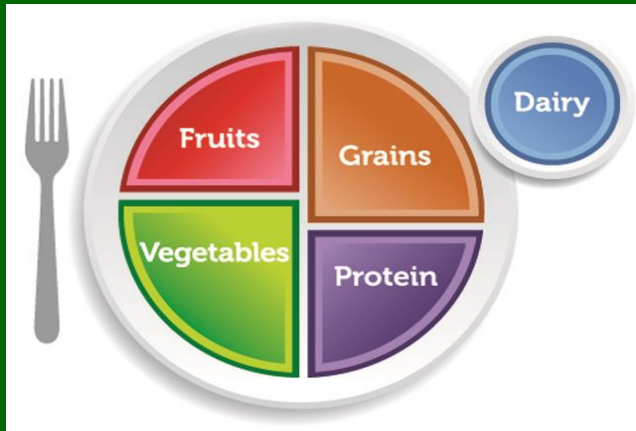
Ignore noncreditable grains in **WGR cereal portion** (see slide 96)

# General Standard 2: Food Group



# General Standard 2: Food Group is First Ingredient

- First ingredient is a food group **OR**
- First ingredient is water and second ingredient is a food group



- Fruits
- Vegetables
- Dairy
- Protein, e.g., meat, beans, poultry, seafood, eggs, nuts, seeds

<https://www.myplate.gov/>

## General Standard 2: Food Group is First Ingredient

- If the product also contains a grain portion, the grain portion *must be WGR*, such as

- the cone in an ice cream cone
- the wrapper in an egg roll



# Meeting a Food Group Standard: Soy Products

- A product that lists a soy product \* as the *first* ingredient meets the *protein* food group general standard

## \* Soy products

- Tofu
- soy protein concentrate
- textured vegetable protein (TVP)



# Meeting a Food Group Standard: Soy Nuts

- A product that lists soy nuts (dried soybeans) as the *first* ingredient meets the
  - **protein** food group general standard **OR**
  - **vegetable** food group general standard



# Meeting a Food Group Standard: Dried Fruits

- A product that lists dried or dehydrated fruit or fruit puree as the *first* ingredient meets the *fruit* food group general standard
- Examples
  - dried cherries
  - dehydrated apples
  - dates
  - raisins



# Meeting a Food Group Standard: Dried Vegetables

- A product that lists dried or dehydrated vegetables or vegetable puree as the *first* ingredient meets the **vegetable** food group general standard
- Examples
  - potato flakes
  - dried potatoes

# Dehydrated/Concentrated Juice/Puree

- Dehydrated or concentrated juice or puree concentrate = *added sugar*
- Do *not* meet a food group general standard

Meets fruit food group standard?	
Yes	No
■ Fruit puree	■ Fruit puree concentrate ■ Juice from concentrates

# Test Your Knowledge:

## Fruit Food Group General Standard

Indicate if each fruit snack product meets the CNS food group general standard for fruit



# Product 1: Welch's Fruit Snacks

**Ingredients:** Juice from concentrates (grape, pear, peach and pineapple), corn syrup, sugar, modified corn starch, fruit purees (strawberry, orange, raspberry and grape), gelatin, citric acid, lactic acid, natural and artificial flavors, ascorbic acid (vitamin C), alpha tocopherol acetate (vitamin E), vitamin A palmitate, sodium citrate, coconut oil, carnuaba wax, red 40, yellow 5 and blue 1



**Meets food group general standard for fruit?**

# Product 1: Welch's Fruit Snacks

Answer

Ingredients: *Juice from concentrates (grape, pear, peach and pineapple)*, corn syrup, sugar, modified corn starch, fruit purees (strawberry, orange, raspberry and grape), gelatin, citric acid, lactic acid, natural and artificial flavors, ascorbic acid (vitamin C), alpha tocopherol acetate (vitamin E), vitamin A palmitate, sodium citrate, coconut oil, carnuaba wax, red 40, yellow 5 and blue 1



Meets food group general standard for fruit?

**NO**

Juice from concentrates = added sugar

## Product 2: Stretch Island Fruit Co All-Natural Fruit Strip

**Ingredients:** Apple puree concentrate, pear puree concentrate, strawberry puree concentrate, natural strawberry flavor, lemon juice concentrate



**Meets food group** general standard for fruit?

## Product 2: Stretch Island Fruit Co All-Natural Fruit Strip

Answer

Ingredients: *Apple puree concentrate*, pear puree concentrate, strawberry puree concentrate, natural strawberry flavor, lemon juice concentrate



Meets food group general standard for fruit?

**NO**

Apple puree concentrate = added sugar

## Product 3: Plums Kids Organic Mashups Squeezable Fruit

Answer

**Ingredients: Organic fruit purees (apple, banana, strawberry), citric acid**

**Meets food group general standard for fruit?**



## Product 3: Plums Kids Organic Mashups Squeezable Fruit

Answer

Ingredients: *Organic fruit purees*  
(apple, banana, strawberry), citric acid

Meets food group general standard for fruit?

YES \*

Pureed fruit is fruit



\* To comply with CNS, product must also meet CNS nutrient standards for the fruits and vegetables category

## Product 3: Dole Fruit Squish'ems

**Ingredients:** Apples, strawberries, apple juice concentrate, blackberry puree concentrate, natural flavor, red raspberry juice concentrate, and ascorbic acid (vitamin C)



## Product 3: Dole Fruit Squish'ems

Answer

Ingredients: *Apples*, strawberries, apple juice concentrate, blackberry puree concentrate, natural flavor, red raspberry juice concentrate, and ascorbic acid (vitamin C)



**YES \***

**Apples are fruit**

**\* To comply with CNS, product must also meet CNS nutrient standards for the fruits and vegetables category**

# Test Your Knowledge: Food Group General Standard



# Test Your Knowledge: Food Group General Standard

indicate if each food product

- meets a food group general standard

**AND**

- which one (fruits, vegetables, dairy, or protein)



# Product 1: Frito Lay Baked Lay's Original Potato Crisps

Ingredients: Dried potatoes, corn starch, sugar, corn oil, salt, soy lecithin and dextrose

☐ Yes: \_\_\_\_\_

☐ No



# Product 1: Frito Lay Baked Lay's Original Potato Crisps

Answer

Ingredients: *Dried potatoes*, corn starch, sugar, corn oil, salt, soy lecithin and dextrose



☒ Yes: Vegetables \*

☐ No

\* To comply with CNS, product must also meet all CNS nutrient standards

## Product 2: Dannon Oikos Strawberry Greek Yogurt

**Ingredients:** Cultured grade A nonfat milk, strawberries, water, sugar, fructose, contains less than 1% of modified corn starch, natural flavor, carrageenan, black carrot juice concentrate, turmeric and carmine (for color), sodium citrate, potassium sorbate (to maintain freshness), malic acid. Contains active yogurt cultures.



- ☐ Yes: \_\_\_\_\_
- ☐ No

## Product 2: Dannon Oikos Strawberry Greek Yogurt

Answer

Ingredients: *Cultured grade A nonfat milk*, strawberries, water, sugar, fructose, contains less than 1% of modified corn starch, natural flavor, carrageenan, black carrot juice concentrate, turmeric and carmine (for color), sodium citrate, potassium sorbate (to maintain freshness), malic acid. Contains active yogurt cultures.



- ☒ Yes: Dairy \*
- ☐ No

## Product 3: Kozy Shack Cowrageous Chocolate Pudding

**Ingredients:** Low-fat milk (vitamin A and D), sugar, modified tapioca starch, inulin, cocoa processed with alkali, salt, carrageenan, natural flavors, vitamin A palmitate



- ☐ Yes: \_\_\_\_\_
- ☐ No

## Product 3: Kozy Shack Cowrageous Chocolate Pudding

Answer

Ingredients: *Low-fat milk (vitamin A and D)*, sugar, modified tapioca starch, inulin, cocoa processed with alkali, salt, carrageenan, natural flavors, vitamin A palmitate



☒ Yes: Dairy \*

☐ No

\* To comply with CNS, product must also meet all CNS nutrient standards

## Product 4: ES Foods Part Skim Mozzarella Cheese Stick

**Ingredients: Pasteurized part-skim milk, cheese cultures, salt, enzymes, vitamin A palmitate**



- ☐ Yes: \_\_\_\_\_
- ☐ No

## Product 4: ES Foods Part Skim Mozzarella Cheese Stick

Answer

Ingredients: *Pasteurized part-skim milk*, cheese cultures, salt, enzymes, vitamin A palmitate



☒ Yes: Dairy \*

☐ No

\* To comply with CNS, product must also meet all CNS nutrient standards

## Product 5: Larabar Cherry Pie Bar

Ingredients: Dates, almonds,  
unsweetened cherries

- ☐ Yes: \_\_\_\_\_
- ☐ No



## Product 5: Larabar Cherry Pie Bar

Answer

Ingredients: *Dates*, almonds, unsweetened cherries



☒ Yes: Fruits \*

☐ No

\* To comply with CNS, product must also meet all CNS nutrient standards

## Product 6: McCain Harvest Splendor Sweet Potato CrossTrax

**Ingredients:** Sweet potatoes, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), potato starch - modified. Contains 2% or less of annatto (color), baking soda, beta carotene (color), caramel (color), natural flavors, rice flour, salt, sodium acid pyrophosphate (maintains natural color & leavening), sugar, tapioca dextrin, xanthan gum



- ☐ Yes: \_\_\_\_\_
- ☐ No

## Product 6: McCain Harvest Splendor Sweet Potato CrossTrax

Answer

Ingredients: *Sweet potatoes*, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), potato starch - modified. Contains 2% or less of annatto (color), baking soda, beta carotene (color), caramel (color), natural flavors, rice flour, salt, sodium acid pyrophosphate (maintains natural color & leavening), sugar, tapioca dextrin, xanthan gum



☒ **Yes: Vegetables**

☐ **No**

**\* To comply with CNS, product must also meet all CNS nutrient standards**

# Product 7: Chloe's Soft Serve Fruit Co.

## Soft Serve Fruit Pops, Raspberry

**Ingredients:** Raspberry puree (red raspberries, lemon juice), filtered water, organic cane sugar



- ☐ Yes: \_\_\_\_\_
- ☐ No

# Product 7: Chloe's Soft Serve Fruit Co.

## Soft Serve Fruit Pops, Raspberry

Answer

Ingredients: *Raspberry puree*  
(red raspberries, lemon juice),  
filtered water, organic cane  
sugar



☒ **Yes: Fruits \***

☐ **No**

**\* To comply with CNS, product must  
also meet all CNS nutrient standards**

# Product 8: Chloe's Soft Serve Fruit Co.

## Soft Serve Fruit Pops, Tangerine

**Ingredients:** Filtered water, tangerine puree (tangerines, orange pulp), organic cane sugar



- ☐ Yes: \_\_\_\_\_
- ☐ No

## Product 8: Chloe's Soft Serve Fruit Co. Soft Serve Fruit Pops, Tangerine

Answer

Ingredients: Filtered water,  
*tangerine puree* (tangerines,  
orange pulp), organic cane sugar



☒ **Yes: Fruits \***

☐ **No**

**\* To comply with CNS, product must  
also meet all CNS nutrient standards**

# Product 9: Stretch Island Fruit Leathers Autumn Apple

**Ingredients: Apple puree concentrate,  
natural apple flavor, lemon juice  
concentrate**

- ☐ Yes: \_\_\_\_\_
- ☐ No



# Product 9: Stretch Island Fruit Leathers Autumn Apple

Answer

Ingredients: *Apple puree concentrate*, natural apple flavor, lemon juice concentrate

☐ Yes: \_\_\_\_\_

☒ No \*

\* Fruit puree concentrate is added sugar, not a food group (see slide 133)



# Product 10: Luigi's Real Italian Ice Squeeze-Up Tubes, Strawberry

**Ingredients:** Micron filtered water, sugar, corn syrup, natural flavor, concentrated strawberry juice, citric acid, guar and cellulose gums, ascorbic acid (vitamin C), beet juice concentrate (for color), carrageenan, and caramel (for color)



- ☐ Yes: \_\_\_\_\_
- ☐ No

# Product 10: Luigi's Real Italian Ice Squeeze-Up Tubes, Strawberry

Answer

Ingredients: Micron filtered water, **sugar**, corn syrup, natural flavor, concentrated strawberry juice, citric acid, guar and cellulose gums, ascorbic acid (vitamin C), beet juice concentrate (for color), carrageenan, and caramel (for color)



☐ Yes: \_\_\_\_\_

☒ No \*

\* The first ingredient after water is sugar, which is not a food group

# Product 11: Rich's Fudge Frenzy Frozen Novelty

**Ingredients:** Nonfat milk, sugar, corn syrup, whey, cocoa and stabilizer (cellulose nonfat milk, sugar, corn syrup, whey, cocoa, and stabilizer (cellulose gum, carob bean gum, carrageenan, and guar gum) and vitamin A palmitate



- ☐ Yes: \_\_\_\_\_
- ☐ No

# Product 11: Rich's Fudge Frenzy Frozen Novelty

Answer

Ingredients: *Nonfat milk*, sugar, corn syrup, whey, cocoa and stabilizer (cellulose nonfat milk, sugar, corn syrup, whey, cocoa, and stabilizer (cellulose gum, carob bean gum, carrageenan, and guar gum) and vitamin A palmitate



☒ **Yes: Dairy \***

☐ **No**

**\* To comply with CNS, product must also meet all CNS nutrient standards**

# Product 12: Beanitos Puffs

## White Cheddar

**Ingredients:** Whole navy beans, long grain rice, sunflower oil, tapioca, cheddar cheese (pasteurized milk, cheese cultures, enzymes, buttermilk, natural flavor), sea salt, whey, lactic acid, black pepper, citric acid



- ☐ Yes: \_\_\_\_\_
- ☐ No

## Product 12: Beanitos Puffs White Cheddar

Answer

Ingredients: *Whole navy beans*, long grain rice, sunflower oil, tapioca, cheddar cheese (pasteurized milk, cheese cultures, enzymes, buttermilk, natural flavor), sea salt, whey, lactic acid, black pepper, citric acid



☒ Yes: Vegetables or Protein\*

☐ No

\* To comply with CNS, product must also meet all CNS nutrient standards

## Product 13: Rich's Low-fat Vanilla Ice Cream Sandwich



**Ingredients: FROZEN DAIRY DESSERT:** Nonfat milk and milkfat, sugar, corn syrup, whey, maltodextrin, stabilizer (propylene glycol monoester, guar gum, mono & diglycerides, calcium sulfate, carrageenan, locust bean gum), artificial flavor, vitamin a palmitate. **WAFERS:** Bleached wheat flour, sugar, soy bean & palm oil, cocoa, dextrose, caramel color, corn syrup, high fructose corn syrup, corn flour, modified corn starch, salt, baking soda, soy lecithin, artificial chocolate flavor

- ☐ Yes: \_\_\_\_\_
- ☐ No

## Product 13: Rich's Low-fat Vanilla Ice Cream Sandwich



Answer

Ingredients: **FROZEN DAIRY DESSERT:** *Nonfat milk* and milkfat, sugar, corn syrup, whey, maltodextrin, stabilizer (propylene glycol monoester, guar gum, mono & diglycerides, calcium sulfate, carrageenan, locust bean gum), artificial flavor, vitamin a palmitate. **WAFERS:** *Bleached wheat flour*, sugar, soy bean & palm oil, cocoa, dextrose, caramel color, corn syrup, high fructose corn syrup, corn flour, *modified corn starch*, salt, baking soda, soy lecithin, artificial chocolate flavor

☐ Yes: \_\_\_\_\_ \*

☒ No \*

\* The ice cream portion meets the dairy food group standard but the grain portion (wafers) does not meet the WGR standard (see slide 77) because the two grains are noncreditable grains

# General Standard 3: Combination Food



# General Standard 3: Combination Food

- Contains two or more food groups and at least  $\frac{1}{4}$  *cup fruit/vegetable* per serving
- If the product also contains a grain portion, the grain portion *must be WGR*



# Combination Foods

Foods that contain **more than one food component** such as

- veggie pizza
- lasagna
- smoothies made with fruit and low-fat or fat-free milk



# CNS Nutrient Standards



# CNS for Ingredients

- No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols
- No chemically altered fat substitutes
- No added caffeine
- No significant fortification (except naturally nutrient-rich foods based on documented health needs)
- No nutrition supplements

# Nonnutritive Sweeteners

Ingredients with no or very low calories that are used as sugar substitutes to sweeten foods and beverages

- Hundreds of times sweeter than sugar
- Include *artificial sweeteners* (such as acesulfame-potassium, aspartame, and sucralose) and *“natural” sweeteners* (such as stevia)

# Artificial Sweeteners

**Synthetic ingredients used as sugar substitutes to sweeten foods and beverages**

- **Hundreds of times sweeter than sugar**
- **May be derived from naturally occurring substances, such as herbs or sugar**
- **Contain no calories except for aspartame, which is very low in calories**

## **Sugar Alcohols (Polyols)**

**A type of carbohydrate used as sugar substitutes to sweeten foods and beverages**

- **Contain fewer calories than most sugars**
- **Perform other functions such as adding bulk and texture to foods, and maintaining moisture**
- **Products with sugar alcohols are often labeled “sugar free”**

# Examples of Nonnutritive Sweeteners

Nonnutritive Sweeteners		Sugar Alcohols
<b>Artificial</b> <ul style="list-style-type: none"> <li>■ Acesulfame Potassium (Acesulfame-K, Sunett, Sweet One)</li> <li>■ Aspartame (NutraSweet, Equal)</li> <li>■ Saccharin (Sweet and Low, Sugar Twin, Sweet Twin, Sweet 'N Low Brown, Necta Sweet)</li> <li>■ Sucralose (Splenda)</li> <li>■ Neotame</li> <li>■ Tagatose</li> </ul>	<b>"Natural" *</b> <ul style="list-style-type: none"> <li>■ Stevia (Rebiana, Truvia, PureVia, SweetLeaf, Rebaudioside A)</li> </ul> <p>* The term "natural" does not have any consistent meaning when used to describe foods or beverages, and has not been defined by the FDA</p>	<ul style="list-style-type: none"> <li>■ Erythritol</li> <li>■ Isomalt</li> <li>■ Lactitol</li> <li>■ Maltitol</li> <li>■ Mannitol</li> <li>■ Sorbitol</li> <li>■ Xylitol</li> <li>■ Hydrogenated starch hydrolysates (e.g., hydrogenated glucose syrups, maltitol syrups, and sorbitol syrups)</li> </ul>

# Examples of Foods with Nonnutritive Sweeteners



## Dannon Light & Fit Greek Yogurt

Ingredients: Cultured grade A non fat milk, water, strawberry, contains less than 1% of fructose, modified corn starch, natural and artificial flavors, carmine and black carrot juice concentrate (for color), sodium citrate, *sucralose*, potassium sorbate (to maintain freshness), malic acid, *acesulfame potassium*

# Examples of Foods with Nonnutritive Sweeteners



## Quaker Chewy Chocolate Chip Granola Bar

**Ingredients:** Granola (whole-grain rolled oats, brown sugar, crisp rice [rice flour, sugar, salt, malted barley extract], whole-grain rolled wheat, soybean oil, dried coconut, whole-wheat flour, sodium bicarbonate, soy lecithin, caramel color, nonfat dry milk), semisweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), corn syrup, brown rice crisp (whole-grain brown rice, sugar, malted barley flour, salt), invert sugar, sugar, corn syrup solids, glycerin, soybean oil. contains 2% or less of **sorbitol**, calcium carbonate, salt, water, soy lecithin, molasses, natural and artificial flavor, BHT (preservative), citric acid

# Examples of Foods with Nonnutritive Sweeteners



## Thomas' 100% Whole-wheat English Muffin

Ingredients: Whole-wheat flour, water, farina, wheat gluten, yeast, sugar, salt, preservatives (calcium propionate, sorbic acid), grain vinegar, natural flavor, sodium stearoyl lactylate, mono- and diglycerides, ethoxylated mono- and diglycerides, *sucralose*, soy lecithin, soy, whey (milk)

# Examples of Foods with Nonnutritive Sweeteners



**Rich's Sub Roll Dough made with whole grains**

**Ingredients: Water, whole-wheat flour, enriched unbleached wheat flour (wheat flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), yeast, sugar, soybean oil, wheat gluten, contains less than 2% of the following: natural flavor (contains wheat ingredients), oat fiber, sea salt, datem, honey, *acesulfame potassium*, ascorbic acid, enzyme**

# Chemically Altered Fat Replacers

Compounds made by chemically manipulating food products to mimic the texture and flavor of fat while providing fewer calories and less metabolizable fat, e.g., Olestra, Olean, and Simplesse



# **No Chemically Altered Fat Replacers**

- **CNS advocates whole or minimally processed foods that are naturally low in fat**
- **Research has not addressed safety of fat replacers for children**
- **Can have negative side effects, e.g., abdominal cramping and diarrhea (Olestra) or allergic reactions (Simplesse)**
- **Not currently seen in foods but this standard prevents future use of any commercial products with this ingredient**

# Fortification

Adding nutrients to a food or beverage, including

- nutrients that were not originally present **OR**
- nutrients that are at higher levels than originally present



# No Significant Fortification

- CNS does not allow significantly fortified products except for *naturally nutrient-rich products* fortified with nutrients at levels based on *scientifically documented health needs*, such as
  - milk fortified with vitamins A and D
  - breakfast cereals fortified with iron
  - orange juice fortified with calcium
  - soy beverages fortified with calcium
  - grain products fortified with folic acid

# No Nutrition Supplements

- **CNS does not allow nutrition supplements, such as**
  - amino acids, e.g., taurine, glutamine, lysine, and arginine
  - extracts, e.g., green tea extract and gotu kola extract
  - herbs or other botanicals, e.g., ginseng and ginkgo biloba
- **Efficacy and safety for consumption by children is not well known**
- **Some may have harmful side effects**

# CNS for Nutrients

- Calories
- Total fat
- Saturated fat
- Trans fat
- Sodium
- Total sugars



# Standards Apply to the Serving

- When evaluating a food, must look at the *actual amount served*, including any added *accompaniments*
- Can use *average portions* to determine nutrition information for self-serve accompaniments, such as ketchup with french fries



## Examples

- Butter
- Margarine
- Oil
- Cream cheese
- Jelly
- Jam
- Mayonnaise
- Ketchup
- Mustard
- Relish
- Salad dressing
- Dipping sauces
- Sauce
- Gravy

# Examples of Foods with Accompaniments

- Bagel with cream cheese
- French fries with ketchup
- Salad with dressing
- Carrots with low-fat ranch dressing
- Vegetable egg roll with duck sauce
- Pasta with butter
- Muffin or roll with margarine or butter
- Black bean soup with sour cream



# Nutrients per Serving: Calories

All foods except entrees	Entrees
$\leq 200$ calories	$\leq 350$ calories

# Nutrients per Serving: Fat

All foods	Exemptions
<ul style="list-style-type: none"><li>■ &lt; 10% of calories</li><li>■ No chemically altered fat substitutes</li></ul>	<ul style="list-style-type: none"><li>■ Low-fat or reduced fat 100% natural cheese (including part-skim mozzarella)</li><li>■ Nuts and seeds, including soy nuts and nut/seed butters</li><li>■ Products consisting of only dried fruit with nuts/seeds with no added sweeteners or fats (including chemically altered fat substitutes)</li><li>■ Seafood with no added fat</li><li>■ Whole eggs with no added fat</li></ul>



# Nutrients per Serving: Saturated Fat

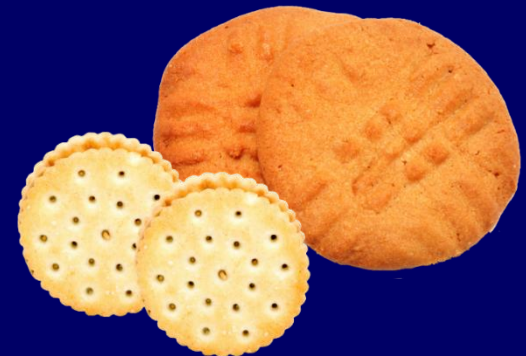
All foods	Exemptions
<ul style="list-style-type: none"><li>■ &lt; 10% of calories</li><li>■ No chemically altered fat substitutes</li></ul>	<ul style="list-style-type: none"><li>■ Low-fat or reduced fat 100% natural cheese (including part-skim mozzarella)</li><li>■ Nuts and seeds, including soy nuts and nut/seed butters</li><li>■ Products consisting of only dried fruit with nuts/seeds with no added sweeteners or fats (including chemically altered fat substitutes)</li><li>■ Whole eggs with no added fat</li></ul>



# Fat/Saturated Fat Exemptions

## Not Allowed for

- *Combination foods* such as trail mix (e.g., dried fruit, nuts/seeds, cereal/pretzels)
- Foods containing the exempted foods as an *ingredient*, such as
  - peanut butter cookie
  - pecan cookie
  - peanut butter crackers
  - cheese sauce made with low-fat cheese



# Nutrients per Serving: Trans Fat

## All foods

- Zero (less than 0.5 gram)
- No partially hydrogenated oils \*

\* Read the ingredients statement to be sure that products do not contain partially hydrogenated oils

# Nutrients per Serving: Sugars

**All foods except smoothies, yogurt, and pudding**

- $\leq 35\%$  by weight
- No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols

**Exemptions**

- Dried whole fruits or vegetables
- Dried whole fruit or vegetable pieces
- Dehydrated fruits or vegetables
- Frozen desserts containing only 100% juice/fruit



# Nutrients per Serving: Sugars

## Smoothies

- $\leq 4$  grams of total sugars per ounce
- No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols
- Portion size limit
  - $\leq 8$  fluid ounces for elementary schools
  - $\leq 12$  fluid ounces for middle and high schools



# Nutrients per Serving: Sugars

## Yogurt and pudding

- $\leq 4$  grams of total sugars per ounce
- No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols



# Evaluating Commercial Foods



# Commercial Foods

- Purchased from vendors
- Include
  - *ready-to-eat foods*, e.g., ice cream, chips, crackers, cookies, and muffins
  - foods that the food service operation *heats or bakes*, e.g., canned soup, chicken nuggets, and bake-off frozen cookie dough



# Commercial Foods

- CSDE evaluates commercial products for CNS compliance
- Compliant foods are included on CSDE's List of Acceptable Foods and Beverages webpage



# CSDE Webpage

## List of Acceptable Foods and Beverages

### ■ Lists of brand-specific commercial

- food products that comply with the CNS
- beverages that comply with the state beverage requirements of CGS Section 10-221q

The screenshot shows the CSDE website with the following content:

- Header:** CT.gov logo, "Connecticut's Official State Website", and a search bar.
- Breadcrumbs:** CT.GOV HOME / EDUCATION / K-12 EDUCATION / NUTRITION AND MEAL PROGRAMS / LIST OF ACCEPTABLE FOODS AND BEVERAGES
- Title:** List of Acceptable Foods and Beverages
- Left Navigation Bar:**
  - Overview (highlighted)
  - Documents/Forms
  - Related Resources
  - Laws/Regulations
  - Contact
- Content Area:**
  - Overview:** School Nutrition Programs | Program Guidance | Forms | Resources | Nutrition Education Beverage Requirements | CNS | Competitive Foods | HFC
  - Text:** The Connecticut State Department of Education's (CSDE) *List of Acceptable Foods and Beverages* is a brand-specific list of commercially prepared food products that comply with the [Connecticut Nutrition Standards \(CNS\)](#) and beverages that comply with the beverage requirements of [Section 10-221q](#) of the Connecticut General Statutes (C.G.S.). These foods and beverages also meet the USDA's Smart Snacks nutrition standards.
  - Provided by:** Department of Education
  - Bulleted List:**
    - Minimally processed naturally nutrient-rich foods such as fresh fruits, vegetables and legumes comply with the CNS, but are not included on the *List of Acceptable Foods and Beverages*, unless they are individually packaged.
    - The CSDE encourages schools and vendors to submit new product information to the CSDE for evaluation. The handout, [Submitting New Products for Approval](#), summarizes the information required to submit products for review.
    - The CSDE updates the *List of Acceptable Foods and Beverages* every few months. The handout, [Summary of Recent List Updates](#), lists products that have been added or deleted since the last online update.
    - The CSDE's [Vendor Contact Information](#) is a list of manufacturers, brokers, and distributors selling foods and beverages on the CSDE's *List of Acceptable Foods and Beverages*.
  - Text:** All public schools must comply with the beverage requirements of C.G.S. Section 10. Public schools that choose to implement the healthy food option of Healthy Food Certification under C.G.S. [Section 10-215f](#) must follow the CNS for all foods sold to students separately from reimbursable school meals.
- Footer Note:** Go to the Documents/Forms section in the left navigation bar to access the *List of Acceptable Foods and Beverages*.

<https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-and-Beverages>

# Evaluating Commercial Foods

- *Before* purchasing, check CSDE's webpage to verify that products are listed
  - Approval of products is specific to the *brand and variety* of food item
  - Must check that each variety is listed
- Submit information to CSDE for new products or products not listed



# CSDE Resource

## Submitting Food and Beverage Products for Approval

- Indicates information required to submit food and beverage products to the CSDE for review of compliance with CNS and state beverage statute

### Submitting Food and Beverage Products for Approval: Connecticut's List of Acceptable Foods and Beverages

The Connecticut State Department of Education (CSDE) [List of Acceptable Foods and Beverages](#) webpage includes commercial food products that meet the [Connecticut Nutrition Standards](#) and commercial beverage products that meet the [state beverage requirements](#) of Section 10-221q of the Connecticut General Statutes and the beverage requirements of the U.S. Department of Agriculture's (USDA) [Smart Snacks nutrition standards](#). The CSDE reviews foods and beverages for compliance with these state and federal nutrition standards.

To submit a commercial food or beverage product to the CSDE for review, provide a PDF of the actual product package, artwork for the product package, or a product specification sheet. The CSDE prefers that the submission includes the **actual product packaging** because it contains the most complete and accurate information.

The product submission must include the following:

1. **Name of manufacturer**, exactly as it appears on the product label.
2. **Name of product**, exactly as it appears on the product label.
3. **Flavor or variety** of product, exactly as it appears on the product label.
4. **Nutrition Facts label**, which must include the following nutrients: calories, total fat, saturated fat, trans fat, sugars, sodium, and fiber.
5. **List of ingredients**, which **must be in a format that can be electronically copied**. Please check the PDF before submitting to ensure that the text can be copied.
6. **Actual package size**, which must list both individual serving size and actual package size. For frozen desserts, the serving size must include both **volume** (fluid ounces) and **weight** (ounces or grams) of one serving of the product.
7. **UPC code** for the **individual package** (12-digit code, i.e., 0-00000-00000-0) and **case** (14-digit code, i.e., 000-00000-00000-0) or the manufacturer product code if the product does not have a UPC code.

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[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/Submitting\\_Food\\_Beverage\\_Products.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/Submitting_Food_Beverage_Products.pdf)

# Avoiding Compliance Issues for Commercial Products

 *Verify that commercial products* comply with CNS *before* selling to students

- Use CSDE's List of Acceptable Foods and Beverage webpage
- For products not listed, submit to CSDE for approval *before* selling
- May choose to screen products for compliance using the CNS worksheets (see slide 207)

# CNS Worksheets for Evaluating Foods

CT.gov Home / Department of Education / Connecticut Nutrition Standards / How To

## Connecticut Nutrition Standards

Overview

How To

Related Resources

Laws/Regulations

Contact

Provided by:  
Department of Education

### How To Evaluate Foods for CNS Compliance

Public schools that choose the healthy food option of HFC under [Section 10-215f](#) of the Connecticut General Statutes must follow the [CNS](#) for all foods sold to students separately from reimbursable school meals. The CNS applies to all sources of food sales on school premises at all times, such as cafeteria a la carte sales, school stores, vending machines, fundraisers, culinary programs, and any other sources of food sales. Schools must determine that food items comply with the CNS **before** selling them to students. For information on the requirements for fundraisers, review the CSDE's handout, [Food and Beverage Requirements for Fundraisers](#).

**Note:** The evaluation of a food for compliance with the CNS is based on the food item **as served**, including any **added accompaniments** such as butter, cream cheese, syrup, ketchup, mustard, and salad dressing. For example, if a bagel is served with cream cheese, the nutrition information per serving must include the combined amount of nutrients for both foods. Other examples include salad with dressing; vegetables, rice, or pasta with added fat (e.g., oil, butter, or margarine) and salt; soup with grated cheese; chicken nuggets with dipping sauce; mashed potatoes with gravy; french fries with ketchup; egg rolls with duck sauce; and pancakes with syrup. The nutrition information of an accompaniment can be determined using the **average portion** served with the food. Documentation of this information must be maintained on file.

Commercially Prepared Foods | Foods Made from Scratch | **CNS Worksheets**

## CNS Worksheets

These worksheets evaluate foods and recipes for CNS compliance.

- [Worksheet 1: Snacks](#) (CSDE)
- [Worksheet 2: Yogurt and Pudding](#) (CSDE)
- [Worksheet 3: Smoothies](#) (CSDE)
- [Worksheet 4: Fruits and Vegetables](#) (CSDE)
- [Worksheet 5: Soups](#) (CSDE)
- [Worksheet 6: Cooked Grains](#) (CSDE)
- [Worksheet 7: Entrees](#) (CSDE)
- [Worksheet 8: Non-entree Combination Foods](#) (CSDE)
- [Worksheet 9: Nutrient Analysis of Recipes](#) (CSDE)
- [Worksheet 10: Evaluating Recipes for Sugars](#) (CSDE)

<https://portal.ct.gov/SDE/Nutrition/Connecticut-Nutrition-Standards/How-To#CNSWorksheets>

# Avoiding Compliance Issues for Commercial Products

- ☑ *Check vendor assurances* of product compliance before purchasing
  - ▶ If a vendor indicates the product complies with the CNS, verify using CSDE webpage
- ☑ *Check deliveries* against product orders
- ☑ Train food service staff to *monitor foods in vending machines* stocked by an outside vendor

# CSDE Resource

## How to Evaluate Purchased Foods for Compliance with the CNS

### ■ Overview of requirements and resources for evaluating purchased foods

#### How to Evaluate Purchased Foods for Compliance with the Connecticut Nutrition Standards

Public school districts that choose the healthy food option of Healthy Food Certification (HFC) must ensure that all foods sold to students separately from reimbursable meals meet the [Connecticut Nutrition Standards \(CNS\)](#). The Connecticut State Department of Education's (CSDE) [List of Acceptable Foods and Beverages](#) webpage includes brand-specific lists of commercially prepared food products that comply with the CNS and beverages that comply with the beverage requirements of [Section 10-221q](#) of the Connecticut General Statutes and the U.S. Department of Agriculture's (USDA) Smart Snacks nutrition standards. HFC schools must use this list to determine which commercial foods and beverages may be sold to students.

#### Reviewing Products

Before purchasing a commercial product that will be sold to students, check that the product is listed on the CSDE's [List of Acceptable Foods and Beverages](#) webpage. CSDE approval of products is specific to the brand and variety of the food or beverage. To ensure compliance with the CNS and state beverage statute, schools must check that the commercial product matches the specific information on the CSDE's list, including the manufacturer name, product name, variety/flavor, serving size, case pack, UPC or product code, and nutrition information per serving.

If a commercial product is not included on the CSDE's List of Acceptable Foods and Beverages webpage, schools must determine that the product complies with the CNS (foods) or state and federal beverage requirements (beverages) before it is sold to students.

#### Submitting Products

For commercial products not listed on the CSDE's [List of Acceptable Foods and Beverages](#) webpage, submit the product information to the CSDE for review. The CSDE's resource, [Submitting Food and Beverage Products for Approval](#), summarizes the information required to submit a commercial product to the CSDE. Please submit all product information by e-mail to [susan.fore@ct.gov](mailto:susan.fore@ct.gov).



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[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Evaluate\\_Purchased\\_Foods\\_CNS.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Evaluate_Purchased_Foods_CNS.pdf)

# Evaluating Foods Made from Scratch



## Foods Made from Scratch

1. Foods *prepared using a recipe*, such as entrees, soups, baked goods, cooked grains (pasta and rice), vegetables, and salad
2. Foods with *ingredients added* after purchasing



# Examples of Foods with Added Ingredients

- Assembling a sandwich
- Making soup from scratch
- Making commercial tomato soup with milk instead of water
- Popping popcorn kernels with oil
- Making cookies or muffins from a mix and adding butter and eggs
- Adding sprinkles to purchased frozen cookie dough
- Making salads with dressing
- Cooking vegetables with oil, margarine, or butter
- Cooking pasta or rice with oil, margarine, or butter

# Avoiding Common Compliance Issues for Foods Made from Scratch

- ☑ Conduct a *nutrient analysis* of the recipe to determine if the serving complies with each CNS standard
  - Must determine that recipe complies with CNS *before* the food is sold to students
  - Remember to review commercial foods with *ingredients added* after purchasing (see examples on slide 212)

# Avoiding Common Compliance Issues for Foods Made from Scratch

- ☑ **Review** the recipe's nutrient analysis for compliance with **each standard** for the appropriate CNS food category
  - Make sure recipe includes **all** required CNS nutrients, such as trans fat and total sugars
  - If any nutrients are missing, must obtain nutrition information from other sources **before** evaluating the recipe for CNS compliance
  - To calculate sugars, see CNS worksheet 10 (see slide 217)

# Example of Missing Nutrients: USDA Recipes for Schools

## Spice Cake

Desserts

C-16

### Comments:

†To plump raisins, cover the fruit with very hot tap water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

### SERVING:

1 piece.

For Enhanced Meal Pattern only: 1 piece provides 1 serving of grains/breads.

### YIELD:

**50 Servings:** 1 sheet pan

**100 Servings:** 2 sheet pans

Edited 2004

### VOLUME:

**50 Servings:** 50 pieces

**100 Servings:** 100 pieces

### Special Tip:

For 50 servings, use 4 oz (1 ½ cups) dried whole eggs and 1 ½ cups water in place of eggs.

For 100 servings, use 8 oz (2 ½ cups) dried whole eggs and 2 ½ cups water in place of eggs.

Missing trans  
fat and sugars

### Nutrients Per Serving

<b>Calories</b>	233	<b>Saturated Fat</b>	2.14 g	<b>Iron</b>	1.30 mg
<b>Protein</b>	3.54 g	<b>Cholesterol</b>	34 mg	<b>Calcium</b>	81 mg
<b>Carbohydrate</b>	36.91 g	<b>Vitamin A</b>	262 IU	<b>Sodium</b>	178 mg
<b>Total Fat</b>	8.42 g	<b>Vitamin C</b>	0.5 mg	<b>Dietary Fiber</b>	1.2 g

<https://theicn.org/icn-resources-a-z/usda-recipes-for-schools/>

# Example of Missing Nutrients: USDA Recipes for Healthy Kids

## Mediterranean Quinoa Salad

Meal Components: Other Vegetable-Grains

Grains B-25r

### Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
¾ cup (6 fl oz spoodle) provides ¾ cup other vegetable and 1 oz equivalent grains.	50 Servings: about 9 lb	50 Servings: about 1 gallon 2 cups 2 steam table pans
	100 Servings: about 18 lb	100 Servings: about 2 gallons 1 quart 4 steam table pans

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

### Marketing Guide

Food as Purchased for	50 servings	100 servings
Red bell peppers	14 oz	1 lb 12 oz
Green onions	5 oz	10 oz
Red onions	7 oz	14 oz
Cherry tomatoes	1 lb 7 oz	2 lb 14 oz
Parsley	1 ½ oz	3 oz

### Nutrients Per Serving

Calories	165.87	Saturated Fat	1.21 g	Iron	1.85 mg
Protein	6.66 g	Cholesterol	3.03 mg	Calcium	42.30 mg
Carbohydrate	22.66 g	Vitamin A	414.48 IU	Sodium	278.10 mg
Total Fat	5.62 g	(24.27 RAE)		Dietary Fiber	2.67 g
		Vitamin C	12.38 mg		

Missing trans  
fat and sugars



<https://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-schools>

# CSDE Resource

## CNS Worksheet 10: Evaluating Recipes for Sugars

- Excel worksheet that calculates total sugars per serving of a recipe

[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/CNS\\_worksheet10\\_Evaluate\\_Recipes\\_Sugars.xlsx](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/CNS_worksheet10_Evaluate_Recipes_Sugars.xlsx)

CNS Worksheet 10: Page 1 of 4

### Worksheet 10: Evaluating Recipes for Sugars

If a recipe contains added sugars or ingredients that contain naturally occurring sugars, the school must calculate the total amount of sugars per recipe serving. Using nutrient analysis software is the most accurate method for determining the nutrition information per serving. If a recipe's nutrition information per serving does not list total sugars, this information must be calculated manually using this worksheet.

Before calculating the recipe's sugar content, check to be sure that the recipe meets all other CNS requirements for the appropriate food category. For more information on the CNS requirements, see the Connecticut State Department of Education's (CSDE) document below.

- [Summary of Connecticut Nutrition Standards](#)

If the recipe does not meet each standard, it **cannot** be sold to students separately from reimbursable meals. Schools may be able to adjust the recipe's sugar content and reanalyze the revised recipe to determine if it meets the CNS.

**Note:** You will need to know the cooked **weight (ounces)** of the recipe serving before using this worksheet. The serving weight is required in step 6 to determine if the recipe meets the CNS for percentage of sugars by weight. If the recipe does not provide this information, you will need to calculate the average **weight (ounces)** of the serving, based on the prepared food (i.e., cooked, not raw). The average serving weight is determined by weighing several portions of the prepared recipe (see step 3). For more information, see the CSDE's handout below.

- [Yield Study Data Form](#)

For step 2, you will need to know the **weight (ounces)** of each sugar ingredient. Ingredients listed only by **measure** (e.g., cup, quart) must first be converted to **ounces** using the appropriate conversion factor for each type of sugar. Weighing the actual amount of each sugar ingredient provides the most accurate information. Table 1 indicates the weight per cup for some common sugar ingredients.

Ingredient	Cups per pound	Weight per cup *	
		pounds	ounces
Brown sugar, firmly packed	2	0.5	8.0
Brown sugar, lightly packed	3	0.3	5.3
Corn syrup	1½	0.7	10.7
Granulated sugar (white sugar)	2½	0.4	7.1
Honey	1½	0.8	12.0
Maple syrup	1½	0.7	10.7
Molasses	1½	0.8	12.0
Powdered sugar, sifted	¾	0.3	4.3
Powdered sugar, unsifted	¾	0.3	4.9

\* One pound equals 16 ounces.

If the recipe lists the sugar ingredients only in ounces, enter pounds below to convert to ounces.

pounds =  ounces

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# How to Conduct Nutrient Analysis of Recipes

1. Obtain or develop a *standardized recipe* specifying the specific quantity of each ingredient used
2. Obtain *nutrition information* for each ingredient in the recipe



# Resources for Nutrition Information

- Nutrition Facts labels for recipe ingredients
- USDA FoodData Central Nutrient Database: <https://fdc.nal.usda.gov/>
- Nutrient analysis software programs
- For more resources, see “Nutrient Analysis” in the CSDE’s *Menu Planning and Food Production* list:  
<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesMenuPlanning.pdf>



# How to Conduct Nutrient Analysis of Recipes

3. Determine the nutrition information for *one serving* of the recipe using worksheet 9 (see slide 221)



# CSD E Resource

## CNS Worksheet 9: Nutrient Analysis of Recipes

- Excel worksheet that calculates the nutrition information per serving of a recipe

CNS Worksheet 9: Page 1 of 4

**Worksheet 9: Nutrient Analysis of Recipes**

Use Nutrition Facts labels and the U.S. Department of Agriculture's (USDA) FoodData Central nutrient database to obtain nutrition information for specific foods and ingredients in recipes. For information and guidance on nutrient analysis, see "Nutrient Analysis" in the Connecticut State Department of Education's (CSDE) resources below.

- [Guidance on Evaluating School Recipes for Compliance](#)
- [USDA's FoodData Central](#)
- [Menu Planning and Food Production Resource List](#)

**Instructions:** Enter information in the blue boxes. The yellow boxes will calculate automatically. Keep completed worksheets on file for Healthy Food Certification (HFC) documentation and the Administrative Review of school nutrition programs. The CSDE recommends maintaining completed worksheets electronically in a folder on the computer.

School district:  Recipe number:

Recipe name:  Date reviewed:

**Part 1: Ingredients and Nutrition Information**

**1** Review the recipe's ingredients and amounts. Complete all information in table 1 on page 2, following the example below.

- **Column 1:** List each ingredient. Include a specific description of the type, form, and pack of the food, as applicable. For example, all-purpose enriched flour, sifted; eggs, large; strawberries, raw, sliced; brown sugar, light, packed; margarine, trans fat free; and sliced peaches, canned, in juice. **Note:** Match each recipe ingredient as closely as possible to the ingredient in the database to ensure an accurate analysis.
- **Column 2:** For each ingredient listed in column 1, enter the amount (e.g., cups, quarts, tablespoons, and number) or weight (e.g., pounds and ounces) used in the recipe.
- **Columns 3-9:** Enter the nutrition information for each ingredient based on the recipe amount (column 2). Be sure to calculate the nutrition information for each ingredient based on the actual recipe amount. For example, if the recipe specifies 2 cups of whole-wheat flour but the Nutrition Facts label lists the nutrition information for 1/4 cup, the amount of each nutrient must be multiplied by 8 to determine the total amount in the recipe. For assistance with recipe calculations, such as converting fractions to decimals, review the resources below.
  - [Basics at a Glance Portion Control Poster](#) (Institute of Child Nutrition (ICN))
  - [Table 8: Decimal Equivalents for Fractions of a Unit](#) ("Introduction" section, USDA's Food Buying Guide for Child Nutrition Programs)

**Note:** The table below is an example and cannot be edited. Proceed to table 1 on page 2 to enter the recipe's ingredients.

Sample Completed Table 1: Recipe Ingredients and Nutrition Information								
Column 1	Column 2	Column 3	Column 4	Column 5	Column 6	Column 7	Column 8	Column 9
Ingredient and description	Amount (e.g., cups, quarts, number) or weight (e.g., pounds, ounces)	Calories	Fat (g)	Saturated fat (g)	Trans fat (g)	Sodium (mg)	Dietary fiber (g)	Sugars (g)
All-purpose flour, enriched	2 cups	455.00	1.22	0.19	0.00	2.50	3.38	0.34
Whole-wheat flour	1 1/4 cups	89.90	0.50	0.10	0.00	3.00	3.00	0.19
Sugar, granulated	1 cup	724.00	0.60	0.00	0.00	0.00	0.00	188.00
Baking powder	1 Tbsp. 2 tsp.	0.00	0.00	0.00	0.00	60.00	0.00	0.00
Salt	1 tsp	0.00	0.00	0.00	0.00	590.00	0.00	0.00
Low-fat milk	1 1/2 cups	110.00	2.50	3.75	0.00	134.00	0.00	18.00
Fresh large eggs	2 each	70.00	5.00	10.00	0.00	70.00	0.00	0.00
Vegetable oil, canola	2/3 cup	120.00	14.00	149.33	0.00	0.00	0.00	0.00
Frozen blueberries, unthawed	1 1/2 cups	79.00	0.99	1.49	0.00	1.55	4.18	19.65
Totals per recipe:		1647.90	24.81	164.86	0.00	858.05	10.56	226.18

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[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/CNS\\_worksheet9\\_Nutrient\\_Analysis\\_Recipes.xlsx](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/CNS_worksheet9_Nutrient_Analysis_Recipes.xlsx)

# How to Conduct a Nutrient Analysis of Recipes

4. Enter the recipe's nutrition information per serving into the CSDE's *CNS worksheet* for the appropriate CNS food category (worksheets 1-8)



# CNS Worksheets for Evaluating Foods

CT.gov Home / Department of Education / Connecticut Nutrition Standards / How To

## Connecticut Nutrition Standards

Overview

How To

Related Resources

Laws/Regulations

Contact

Provided by:  
Department of Education

### How To Evaluate Foods for CNS Compliance

Public schools that choose the healthy food option of HFC under [Section 10-215f](#) of the Connecticut General Statutes must follow the [CNS](#) for all foods sold to students separately from reimbursable school meals. The CNS applies to all sources of food sales on school premises at all times, such as cafeteria a la carte sales, school stores, vending machines, fundraisers, culinary programs, and any other sources of food sales. Schools must determine that food items comply with the CNS **before** selling them to students. For information on the requirements for fundraisers, review the CSDE's handout, [Food and Beverage Requirements for Fundraisers](#).

**Note:** The evaluation of a food for compliance with the CNS is based on the food item **as served**, including any **added accompaniments** such as butter, cream cheese, syrup, ketchup, mustard, and salad dressing. For example, if a bagel is served with cream cheese, the nutrition information per serving must include the combined amount of nutrients for both foods. Other examples include salad with dressing; vegetables, rice, or pasta with added fat (e.g., oil, butter, or margarine) and salt; soup with grated cheese; chicken nuggets with dipping sauce; mashed potatoes with gravy; french fries with ketchup; egg rolls with duck sauce; and pancakes with syrup. The nutrition information of an accompaniment can be determined using the **average portion** served with the food. Documentation of this information must be maintained on file.

Commercially Prepared Foods | Foods Made from Scratch | **CNS Worksheets**

## CNS Worksheets

These worksheets evaluate foods and recipes for CNS compliance.

- [Worksheet 1: Snacks](#) (CSDE)
- [Worksheet 2: Yogurt and Pudding](#) (CSDE)
- [Worksheet 3: Smoothies](#) (CSDE)
- [Worksheet 4: Fruits and Vegetables](#) (CSDE)
- [Worksheet 5: Soups](#) (CSDE)
- [Worksheet 6: Cooked Grains](#) (CSDE)
- [Worksheet 7: Entrees](#) (CSDE)
- [Worksheet 8: Non-entree Combination Foods](#) (CSDE)
- [Worksheet 9: Nutrient Analysis of Recipes](#) (CSDE)
- [Worksheet 10: Evaluating Recipes for Sugars](#) (CSDE)

<https://portal.ct.gov/SDE/Nutrition/Connecticut-Nutrition-Standards/How-To#CNSWorksheets>

# CSDE Resource

## Guidance on Evaluating Recipes for Compliance with the CNS

- Includes specific steps and resources for conducting a nutrient analysis of recipes

### Guidance on Evaluating Recipes for Compliance with the Connecticut Nutrition Standards

Districts that choose the healthy food option of Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes must comply with the Connecticut Nutrition Standards (CNS) for all foods sold to students on school premises, separately from reimbursable meals in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). The CNS applies to all sources of food sales to students, including commercial products and recipes for foods made from scratch. Examples of sources of food sales include a la carte sales in the cafeteria, culinary arts programs, family and consumer sciences classes, bake sales, fundraisers, afterschool programs, and any other sales of foods to students.

This document addresses the requirements and steps to determine if recipes comply with the CNS. For information on HFC, review the Connecticut State Department of Education's (CSDE) resources, [Requirements for Competitive Foods in HFC Public Schools](#), [Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools](#), and [Guide to Competitive Foods in HFC Public Schools](#); and visit the CSDE's [Healthy Food Certification](#) webpage. For information on the CNS requirements, review the CSDE's resource, [Summary of Connecticut Nutrition Standards](#), and visit the CSDE's [CNS](#) webpage.

#### How to Determine if Recipes Comply with the CNS

Before selling any foods made from recipes to students, schools must document that the recipe's serving complies with the CNS. A recipe does not comply with the CNS unless it meets each nutrition standard for the appropriate CNS food category. Schools must have standardized recipes on file indicating the nutrition information per serving for calories, fat, saturated fat, trans fat, sodium, and sugars. If the recipe is missing this information, schools must conduct a nutrient analysis of the recipe. To document CNS compliance, schools must have standardized recipes with nutrition information for the two categories of foods below.

#### Foods prepared from scratch using a standardized recipe

Examples of foods in this category include entrees sold only a la carte (i.e., not as part of reimbursable meals), e.g., pizza, chef's salad, and chicken nuggets; soups; cooked grains such as rice and pasta with added fat (e.g., oil, margarine, or butter) and salt; cooked vegetables with added fat (e.g., oil, margarine, or butter) and salt; salad with dressing; fruit smoothies; and baked goods such as muffins and cookies. Recipes for these foods must provide the nutrition information per serving.

Nutrition information is not required for entrees that sold a la carte during the same meal service on the same day that they are planned and served as part of reimbursable school meals. These entrees are exempt from the CNS and may be sold a la carte during the meal service if they are the same or smaller portion size as the NSLP and SBP, have the same accompaniments, meet the trans fat

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# CSDE Resource

## How to Evaluate Foods Made from Scratch for Compliance with the CNS

### ■ Overview of requirements and resources for evaluating foods made from scratch

#### How to Evaluate Foods Made from Scratch for Compliance with the Connecticut Nutrition Standards

Public school districts that choose the healthy food option of Healthy Food Certification (HFC) must ensure that all foods sold to students separately from reimbursable meals meet the [Connecticut Nutrition Standards \(CNS\)](#). Before selling any foods made from scratch to students, schools must document that the recipe's serving complies with the CNS.

#### Foods that Require Standardized Recipes

Schools must have standardized recipes on file that indicate the nutrition information per serving for calories, fat, saturated fat, trans fat, sodium, and sugars. Recipes with nutrition information are required for the two categories of foods below.

- **Foods prepared from scratch using a recipe:** Examples include entrees sold only a la carte (such as pizza, chef's salad, and chicken nuggets); soups; cooked grains such as rice and pasta with added fat (e.g., oil, margarine, or butter) and salt; cooked vegetables with added fat (e.g., oil, margarine, or butter) and salt; salad with dressing; fruit smoothies; and baked goods such as muffins and cookies. Recipes for these foods must provide the nutrition information per serving.
- **Foods that have additional ingredients added after purchasing:** Examples include popping popcorn kernels in oil; assembling a sandwich; making muffins from a mix and adding butter and eggs; adding sprinkles to commercial frozen cookie dough; making salads with dressing, and cooking vegetables, rice, and pasta with oil, margarine, or butter. Schools must create a recipe for these foods based on the specific amount of each ingredient, and then conduct a nutrient analysis to determine the nutrition information per serving.



If the nutrition information per serving is missing, schools must conduct a nutrient analysis of the recipe.

The Connecticut State Department of Education's (CSDE) resource, [Guidance on Evaluating Recipes for Compliance with the Connecticut Nutrition Standards](#), summarizes the requirements and steps for conducting a nutrient analysis of recipes.

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[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Evaluate\\_Scratch\\_Foods\\_CNS\\_Compliance.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Evaluate_Scratch_Foods_CNS_Compliance.pdf)

# Other Requirements for Foods and Beverages



# Other Requirements for Foods and Beverages

- **CGS Section 10-221q:** Connecticut's beverage statute for public schools (see slides 228-230)
- **Regulations of Connecticut State Agencies** (see slides 231-233)
  - Section 10-215b-1: *Competitive Foods*
  - Section 10-215b-23: *Accrual of Income*
- **CGS Section 10-221p:** Connecticut's statute requiring public schools to sell nutritious and low-fat foods whenever foods are sold to students during the school day (see slides 236-238)

# CSDE Resource

## Allowable Beverages for Connecticut Public Schools

- Identifies the state and federal requirements for beverages sold to students in public schools
- Provides examples of allowable and unallowable beverages

### Allowable Beverages in Connecticut Public Schools

The requirements for beverages sold to students in Connecticut public schools are governed by [Section 10-221q](#) of the Connecticut General Statutes (C.G.S.) and the U.S. Department of Agriculture's (USDA) Smart Snacks nutrition standards in the final rule, *National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the HHS-A of 2010*.

- "Sales" means the exchange of a determined amount of money or its equivalent (such as coupons, tickets, tokens, and similar items) for foods and beverages. Sales also include programs and activities that charge a fee that includes the cost of foods and beverages provided to students, and activities that suggest a student donation in exchange for foods and beverages. Under Connecticut's statutes and regulations for competitive foods, sales include coupons and similar items that are given to students (such as food rewards), and can be exchanged for foods and beverages.
- "Public schools" include regional educational service centers, the Connecticut Technical High School System (Connecticut Technical Education and Career System), charter schools, interdistrict magnet schools, and endowed academies.



All beverages sold to students in Connecticut public schools must comply with the beverage requirements of C.G.S. Section 10-221q. In addition, beverages sold to students during the school day in Connecticut public schools that participate in the National School Lunch Program (NSLP) must also comply with the USDA's Smart Snacks beverage standards. When the federal and state requirements differ, the stricter requirements apply.

The state beverage statute applies to beverages sold to students at all times, both as part of and separately from school meals, anywhere on school premises, such as cafeterias, vending machines, school stores, fundraisers, and culinary programs. The state beverage statute applies to all Connecticut public schools, even if they do not choose the healthy food option of HFC under C.G.S. [Section 10-215f](#) or do not participate in the USDA Child Nutrition Programs.

#### Beverage Categories

Table 1 lists the five categories of beverages allowed by C.G.S. Section 10-221q for sale to students in Connecticut public schools. The beverage requirements include the stricter provisions of the Connecticut and USDA's Smart Snacks beverage standards.

Portion sizes of allowable beverages cannot exceed 8 fluid ounces for elementary schools and 12 fluid ounces for middle and high schools, except for plain water (with or without carbonation), which is unlimited. Flavored carbonated water (such as sparkling water and seltzer) is allowed only for high schools, and is limited to 12 fluid ounces.

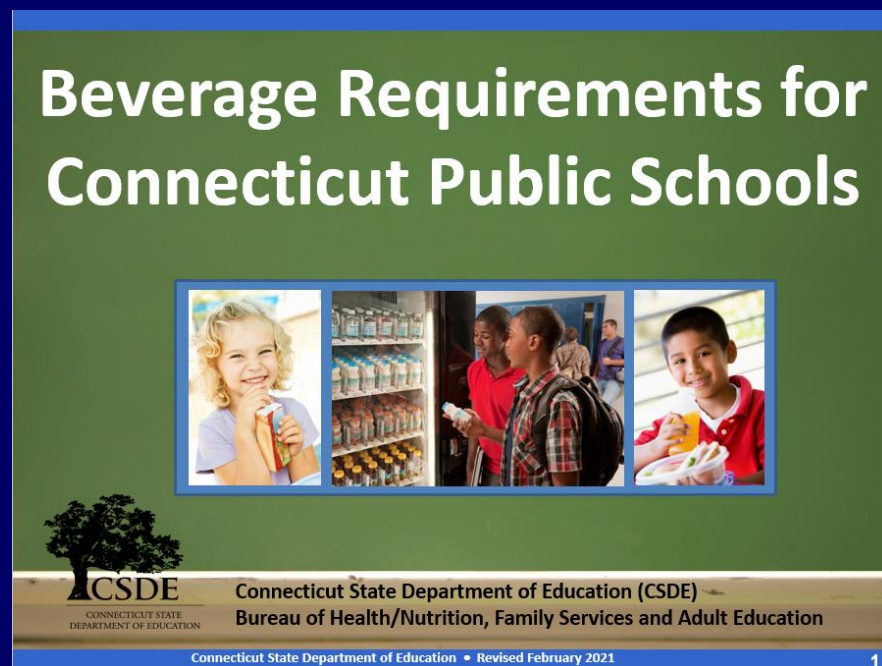
Connecticut State Department of Education • Revised February 2021 • Page 1 of 9

[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/Submitting\\_Food\\_Beverage\\_Products.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/FBlist/Submitting_Food_Beverage_Products.pdf)

# CSDE Resource

## Presentation: Beverage Requirements for Connecticut Public Schools

- Overview of beverage requirements
- Exemption criteria
- Allowable beverages
- Prohibited beverages
- Resources

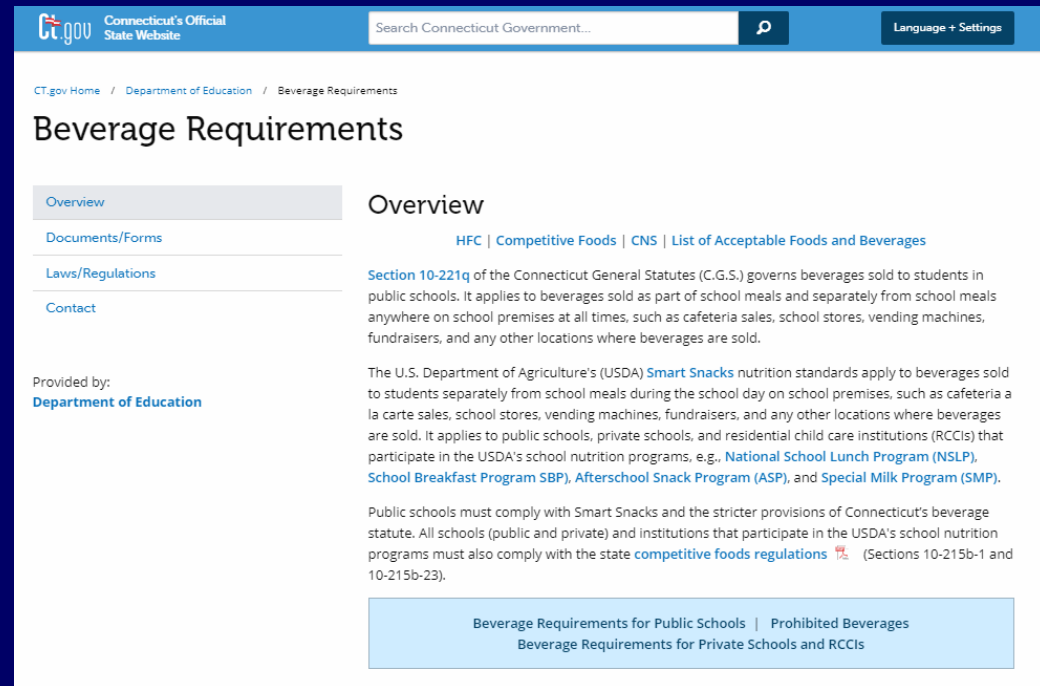


[https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Beverage\\_Requirements\\_Connecticut\\_Public\\_Schools\\_Presentation.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Beverage_Requirements_Connecticut_Public_Schools_Presentation.pdf)

# CSDE Webpage

## Beverage Requirements

- Requirements for public schools
- Requirements for private schools and residential child care institutions
- Prohibited beverages
- Resources



The screenshot shows the 'Beverage Requirements' page on the Connecticut State Department of Education website. The page has a blue header with the 'ct.gov' logo, 'Connecticut's Official State Website', a search bar, and a 'Language + Settings' button. The breadcrumb trail reads 'CT.gov Home / Department of Education / Beverage Requirements'. The main title is 'Beverage Requirements'. On the left, there is a sidebar with links: 'Overview' (highlighted), 'Documents/Forms', 'Laws/Regulations', and 'Contact'. Below the sidebar, it says 'Provided by: Department of Education'. The main content area has an 'Overview' section with links to 'HFC | Competitive Foods | CNS | List of Acceptable Foods and Beverages'. The text explains that Section 10-221q of the Connecticut General Statutes governs beverages sold to students. It mentions the USDA's 'Smart Snacks' nutrition standards and lists programs like the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP), and Special Milk Program (SMP). It also states that public schools must comply with Smart Snacks and Connecticut's beverage statute, while all schools must comply with competitive foods regulations (Sections 10-215b-1 and 10-215b-23). At the bottom, there is a blue box with links to 'Beverage Requirements for Public Schools | Prohibited Beverages' and 'Beverage Requirements for Private Schools and RCCIs'.

<http://portal.ct.gov/SDE/Nutrition/Beverage-Requirements>

# CSDE Resource

## Overview of Connecticut's Competitive Foods Regulations

- Guidance on complying with Sections 10-215b-1 (competitive foods) and 10-215b-23 (accrual of income) of the Regulations of Connecticut State Agencies

### Overview of Connecticut's Competitive Foods Regulations

This guidance applies to schools and institutions that participate in the U.S. Department of Agriculture's (USDA) Child Nutrition Programs (CNPs), including the National School Lunch Program (NSLP), School Breakfast Program (SBP), Afterschool Snack Program (ASP) of the NSLP, Seamless Summer Option (SSO) of the NSLP, Special Milk Program (SMP), Fresh Fruit and Vegetable Program (FFVP), Child and Adult Care Food Program (CACFP) At-risk Afterschool Meals operated in schools, and Summer Food Service Program (SFSP) operated in schools.

Note: Residential child care institutions (RCCIs) may be eligible to participate in the ASP if they operate an afterschool care program with enrichment or education activities that meet the criteria for ASP participation. RCCIs may be eligible to serve At-risk Afterschool Meals if they have non-residential care programs and these programs offer afterschool education and enrichment programs for nonresidential children.



Effective August 25, 1992, Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies address restrictions for sale and dispensing competitive foods to students on school premises and the accrual of income from competitive foods.


- "Competitive foods" are all foods and beverages available for sale to students on school premises separately from reimbursable meals and snacks in the CNPs.
  - The USDA's Smart Snacks nutrition standards address sales of competitive foods during the school day, which is the period from the midnight before to 30 minutes after the end of the official school day.
  - The state competitive foods regulations address sales of competitive foods from 30 minutes before up through 30 minutes after the operation of any CNPs, including during and after the school day. They also restrict giving certain foods and beverages to students during this time.
  - The Connecticut General Statutes (C.G.S.) for Healthy Food Certification (HFC) (C.G.S. Section 10-215f) and allowable beverages (C.G.S. Section 10-221q) address sales of competitive foods at all times, except for sales that meet specific exemption criteria (refer to "Food exemptions for HFC public schools" and "Beverage exemptions for HFC public schools" in this document).
- "Sales" means the exchange of a determined amount of money or its equivalent (such as coupons, tickets, tokens, and similar items) for foods and beverages. Sales also include programs and activities that charge a fee that includes the cost of foods and beverages provided to students, and activities that suggest a student donation in exchange for foods and beverages.

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[https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Overview\\_CT\\_Competitive\\_Foods\\_Regulations.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Overview_CT_Competitive_Foods_Regulations.pdf)

# CSDE Operational Memorandum

## CSDE Operational Memorandum No. 1-18: *Accrual of Income from Sales of Competitive Foods in Schools*



STATE OF CONNECTICUT  
DEPARTMENT OF EDUCATION



TO: Sponsors of the School Child Nutrition Programs

FROM: John D. Frassinelli, Chief *John D. Frassinelli*  
Bureau of Health/Nutrition, Family Services and Adult Education

DATE: October 18, 2017

SUBJECT: **Operational Memorandum No. 1-18**  
Accrual of Income from Sales of Competitive Foods in Schools

The Connecticut State Department of Education (CSDE) has recently observed numerous compliance issues with competitive foods in schools. This memo serves as a reminder of the state requirements for the accrual of income from the sales of food items in schools, as legislated by [Section 10-215b-23 of the Regulations of Connecticut State Agencies](#). Section 10-215b-23 requires that the income from any sales of competitive foods to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any school nutrition programs **must accrue to the nonprofit food service account**. This regulation applies to all Connecticut public schools, private schools, and residential child care institutions (RCCIs) that participate in the United States Department of Agriculture (USDA) school nutrition programs.

- "Income" means gross income.
- "Competitive foods" means all foods and beverages available for sale to students on school premises separately from reimbursable school meals, e.g., fundraisers, vending machines (including those operated by a contractor), school stores, culinary programs, and any other sources of food and beverage sales to students that occur on school premises.
- "Sales" means the exchange of foods and beverages for a determined amount of money or its equivalent, such as tickets, coupons, tokens, and similar items. Sales also include any activities that suggest a student donation in exchange for foods and beverages.
- "School premises" means all areas of the property under the jurisdiction of the local or regional board of education, the regional vocational-technical school system, or the governing authority district or school.
- "Nonprofit food service account" means the restricted account in which all of the revenue from all food service operations conducted by the school food authority principally for the benefit of school children is retained and used only for the operation or improvement of the nonprofit school food service. This account shall include, as appropriate, non-Federal funds used to support paid lunches as provided in 7 CFR 210.14(e), and proceeds from nonprogram foods as provided in 7 CFR 210.14(f).

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# CSDE Webpage

## Competitive Foods in Schools

- Federal and state laws for selling and giving foods and beverages to students in schools
- Requirements for public schools, private schools, and residential child care institutions
- Resources

The screenshot shows the CSDE website with the title "Competitive Foods in Schools". The page includes a navigation menu with links for Overview, Documents/Forms, Laws/Regulations, and Contact. The main content area is titled "Overview" and provides information about school nutrition programs, including links to Program Guidance, Forms, Resources, and Nutrition Education. It also includes a section for "Competitive Foods" which defines competitive foods and lists examples such as candy, coffee, tea, and soft drinks. The page is provided by the Department of Education.

CT.gov Home / Department of Education / Competitive Foods in Schools

### Competitive Foods in Schools

- Overview
- Documents/Forms
- Laws/Regulations
- Contact

Provided by:  
**Department of Education**

#### Overview

[School Nutrition Programs](#) | [Program Guidance](#) | [Forms](#) | [Resources](#) | [Nutrition Education](#)  
[HFC](#) | [CNS](#) | [Smart Snacks](#) | [List of Acceptable Foods and Beverages](#)

Competitive foods are foods and beverages available for sale to students on school premises, separately from reimbursable meals and Afterschool Snack Program (ASP) snacks served through the U.S. Department of Agriculture's (USDA) [Child Nutrition Programs \(CNPs\)](#). Under Section 10-215b-1 of the Regulations of Connecticut State Agencies, competitive foods also include candy, coffee, tea, and soft drinks that are given to students on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs.

- **Sale** means the exchange of a determined amount of money or its equivalent (such as coupons, tickets, tokens, and similar items) for foods and beverages. Sales also include programs and activities that charge a fee that includes the cost of foods and beverages provided to students, and activities that suggest a student donation in exchange for foods and beverages. Under Connecticut's statutes and regulations for competitive foods, sales include coupons and similar items that are given to students (such as food rewards), and can be exchanged for foods and beverages. However, the USDA's Smart Snacks nutrition standards do not apply when coupons and similar items are given to students.
- **School premises** include all areas of the property under the jurisdiction of the local or regional board of education, the Connecticut Technical Education and Career System (CTECS), or the governing authority district or school.

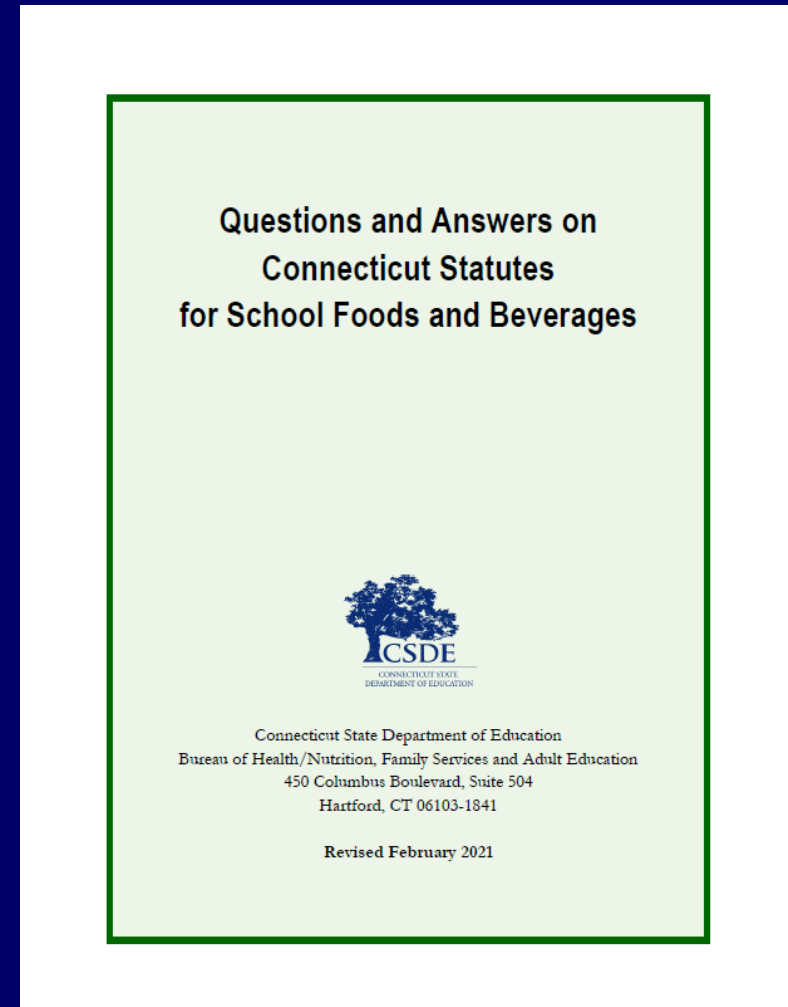
Federal and state laws require that competitive foods available for sale to students on school premises must comply with nutrition standards and other restrictions.

<https://portal.ct.gov/SDE/Nutrition/Beverage-Requirements>

# CSDE Resource

## Questions and Answers on Connecticut Statutes

- Provides answers to commonly asked questions regarding the requirements and implementation of the Connecticut General Statutes for school foods and beverages



[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Questions\\_Answers\\_Connecticut\\_Statutes\\_School\\_Foods\\_Beverages.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Questions_Answers_Connecticut_Statutes_School_Foods_Beverages.pdf)

# CSDE Resource

## Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools

- Summarizes state and federal laws for selling and giving competitive foods to students in HFC public schools
- Includes charts of how state and federal laws apply to different sources of food and beverage sales

Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools

Table 2. Does the regulation or statute apply?							
Source of foods and beverages	Nutrition Standards				Sales to Students		
	CNS and HFC (C.G.S. Sections 10-215e and 10-215f)	Beverages (C.G.S. Section 10-221q)	USDA Smart Snacks food standards (81 FR 50131)	USDA Smart Snacks beverage standards (81 FR 50131)	Nutritious and low-fat foods (C.G.S. Section 10-221p)	State Competitive Foods Regulations	
						Candy, coffee, tea, and soft drinks (Section 10-215b-1)	Accrual of income (Section 10-215b-23)
<b>S16: Fundraisers during the school day</b> (conducted by school groups or non-school groups) that sell foods and beverages to students on school premises (including orders), sell tickets that can be exchanged for foods and beverages, or request a suggested donation in exchange for foods and beverages. <sup>1, 2</sup>	Yes, applies at all times <sup>3</sup>	Yes, applies at all times <sup>3, 4</sup>	Not applicable: Superseded by the stricter requirements of the CNS and HFC.	Yes, applies to all beverages sold to students on school premises during the school day. <sup>4</sup> For example, if school ends at 3:00 p.m., Smart Snacks applies to all beverages sold to students through 3:30 p.m.	Yes, applies to all foods sold to students on school premises during the school day. Low-fat dairy products and fresh or dried fruit must be sold at the location of the fundraiser or elsewhere on school premises at the same time. If fundraiser foods are pre-ordered and distributed to students on school premises during the school day, the nutritious low-fat foods specified in the statute must be available for purchase when students pick up the fundraiser foods.	Yes, but superseded by the stricter requirements of the CNS, HFC, and state beverage statute. Fundraisers on school premises during the school day can never sell candy, coffee, tea, and soft drinks to students. In addition, Section 10-215b-1 prohibits giving and distributing candy, coffee, tea, and soft drinks to students anywhere on school premises from 30 minutes before up through 30 minutes after the operation of any CNPs.	Yes, if sales occur on school premises from 30 minutes before up through 30 minutes after any CNPs. For example, if the NSLP operates from 11:30 a.m. to 1:00 p.m., the nonprofit food service account must receive the fundraiser's income (including fees, ticket sales, and donations) from all foods and beverages sold to students anywhere on school premises from 11:00 a.m. to 1:30 p.m.

<sup>1</sup> "Fundraisers" are any activities during which money or its equivalent (such as tickets, coupons, tokens, and similar items) is exchanged for the purchase of a product in support of the school or school-related activities; including any activities that suggest a student donation in exchange for foods and beverages. For more information, review the CSDE's resource, [Requirements for Food and Beverage Fundraisers in HFC Public Schools](#).

<sup>2</sup> The CSDE strongly encourages schools to promote consistent health messages to students by fundraising with nonfood items or healthy foods. For more information, review the CSDE's resource, [Healthy Fundraising](#).

<sup>3</sup> Fundraisers during the school day are ineligible for exemptions because they are not events; they must always comply with the CNS and state beverage statute.

<sup>4</sup> Beverages sold to students in public schools must comply with the Smart Snacks beverage standards and any stricter requirements of the state beverage statute. For more information, review the CSDE's resource, [Allowable Beverages in Connecticut Public Schools](#), and visit the CSDE's [Beverage Requirements](#) webpage.

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[https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Summary\\_Chart\\_Requirements\\_Competitive\\_Foods\\_HFC.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Summary_Chart_Requirements_Competitive_Foods_HFC.pdf)

# CGS Section 10-221p: Nutritious Low-fat Foods

- When foods are available for *purchase* by students during the school day, nutritious and low-fat foods must also be available for sale at the same *location* or *elsewhere on school premises* at the same time
- When pre-purchased foods are *distributed* to students at school during the school day, nutritious and low-fat foods must be *available for purchase* at the *same time* that students *pick up* the foods
- Applies to *all public schools* regardless of whether they participate in the NSLP or HFC

# Nutritious Low-fat Foods

Low-fat dairy products  
and fresh or dried fruit



- Examples of *low-fat dairy products* include low-fat or nonfat yogurt, cheese, and cottage cheese
- Low-fat milk is a beverage and cannot be used to meet the statutory requirements

# More Resources



# CSDE Webpage

## Healthy Food Certification

- HFC participation (list of schools and state HFC map)
- HFC application
- HFC documentation
- HFC forms
- HFC resources

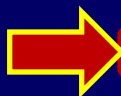
The screenshot shows the CSDE website's Healthy Food Certification (HFC) page. The header includes the CT.gov logo, the text 'Connecticut's Official State Website', a search bar, and a 'Language + Settings' button. The breadcrumb trail reads: 'CT.gov Home / Department of Education / K-12 Education / Nutrition / Healthy Food Certification (HFC)'. The main heading is 'Healthy Food Certification (HFC)'. A left sidebar contains a menu with 'Overview' (selected), 'Eligibility', 'Apply', 'Documents/Forms', 'Related Resources', 'Laws/Regulations', 'FAQs', and 'Contact'. The main content area has an 'Overview' section with links to 'School Nutrition Programs', 'Program Guidance', 'Forms', 'Resources', 'Nutrition Education Beverage Requirements', 'Competitive Foods', 'CNS', and 'List of Acceptable Foods and Beverages'. It explains that HFC under Section 10-215f of the Connecticut General Statutes requires each board of education or governing authority for all public schools participating in the National School Lunch Program (NSLP) to certify annually to the Connecticut State Department of Education (CSDE) whether the district will follow the Connecticut Nutrition Standards (CNS) for all foods sold to students separately from reimbursable school meals. It also states that the CNS applies to all sources of food sales on school premises at all times, including school stores, vending machines, school cafeterias, and fundraising activities. Districts choosing HFC receive an additional 10 cents per lunch. Below this is an 'HFC Overview' section with a bulleted list of links: 'HFC Overview: Requirements for Competitive Foods in HFC Public Schools', 'HFC Guide: Guide to Competitive Foods in HFC Public School (CSDE)', 'Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools (CSDE)', 'Summary of Connecticut Nutrition Standards', and 'CNS Compliance' (which includes links for 'Evaluating Foods for CNS Compliance', 'Guidance on Evaluating Recipes for Compliance with the CNS', 'How to Evaluate Foods Made from Scratch for Compliance with the CNS', and 'How to Evaluate Purchased Foods for Compliance with the CNS'). At the bottom, there is a 'List of HFC Districts (School Year 2019-20)' section with links for 'HFC Districts', 'HFC Map', and 'HFC Data'.

<https://portal.ct.gov/SDE/Nutrition/Healthy-Food-Certification>

# CSDE Webpage

## Healthy Food Certification: Related Resources

- Adult education programs
- Competitive foods
- Fundraisers
- HFC overview
- School stores
- Vending machines



Connecticut's Official State Website

Search Connecticut Government...

Language + Settings

CT.gov Home / Department of Education / K-12 Education / Nutrition / Healthy Food Certification (HFC) / Related Resources

### Healthy Food Certification (HFC)

Overview  
Eligibility  
Apply  
Documents/Forms  
**Related Resources**  
Laws/Regulations  
FAQs  
Contact

Provided by:  
Department of Education

#### Related Resources

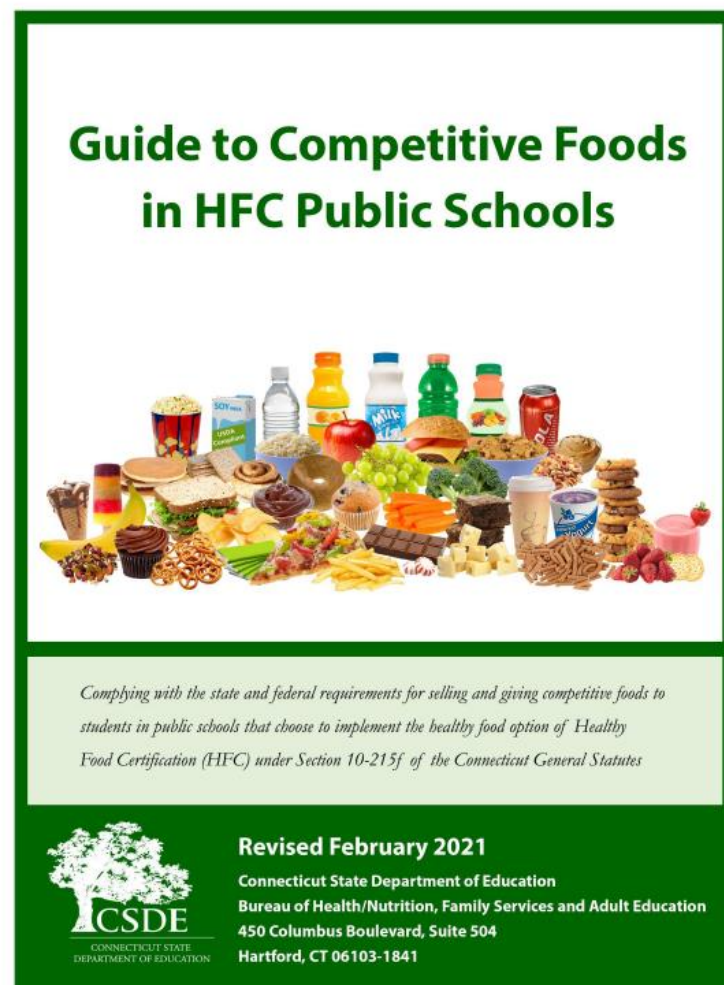
- **Adult Education**
  - [Requirements for Selling Foods and Beverages in Adult Education Programs](#) (CSDE)
- **Beverages**
  - [Allowable Beverages for Connecticut Public Schools](#) (CSDE)
  - [Beverage Requirements](#) (CSDE webpage)
  - Presentation: [Beverage Requirements for Connecticut Public Schools](#) (CSDE)
- **Competitive Food in Schools**
  - [Competitive Food in Schools](#) (CSDE webpage)
  - Connecticut Competitive Foods Regulations
    - [CSDE Operational Memorandum No. 1-18](#) : Accrual of Income from Sales of Competitive Foods in Schools
    - [Overview of Connecticut Competitive Foods Regulations](#) (CSDE)
    - [Regulations of Connecticut State Agencies](#) (Sections 10-215b-1 and 10-215b-23)
- **Connecticut Nutrition Standards**
  - [Connecticut Nutrition Standards](#) (CSDE webpage)
  - [Evaluating Foods for Compliance](#) "How To" section of CSDE's CNS webpage)
  - [Guidance on Evaluating Recipes for Compliance with the CNS](#) (CSDE)
  - [How to Evaluate Foods Made from Scratch for Compliance with the CNS](#) (CSDE)
  - [How to Evaluate Purchased Foods for Compliance with the CNS](#) (CSDE)
  - Presentation: [Connecticut Nutrition Standards](#) (CSDE)

<https://portal.ct.gov/SDE/Nutrition/Healthy-Food-Certification/Related-Resources>

# CSDE Resource

## Guide to Competitive Foods in HFC Public Schools

- Provides comprehensive guidance on complying with the federal and state requirements for selling and giving competitive foods to students in HFC public schools



# CSDE Resource

## Requirements for Competitive Foods in HFC Public Schools

- Summarizes federal and state requirements for selling and giving foods and beverages to students in HFC public schools

### Requirements for Competitive Foods in HFC Public Schools

This document summarizes the federal and state requirements for selling and giving competitive foods to students in Connecticut public schools that:

- participate in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP); and
- choose to implement the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.).

For guidance on how the federal and state requirements apply to different sources of foods and beverages in HFC review the Connecticut State Department of Education's (CSDE) resources, *Requirements for Competitive Foods in HFC Public Schools* and *Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools*. The CSDE's *Guide to Competitive Foods in HFC Public Schools* provides detailed guidance on the requirements for competitive foods in HFC public schools. For more information on HFC, visit the CSDE's [HFC](#) webpage.



Competitive foods include all foods and beverages available for sale to students on school premises, separately from reimbursable meals served through the USDA's Child Nutrition Programs (CNPs). Under Section 10-215b-1 of the Regulations of Connecticut State Agencies, competitive foods also include certain foods and beverages that are given to students while CNPs are operating.

### Overview of Federal and State Requirements

All foods available for sale separately from reimbursable meals to students on school premises must comply with the [Connecticut Nutrition Standards \(CNS\)](#). All beverages available for sale to students on school premises, as part of and separately from reimbursable meals, must comply with the state beverage statute ([C.G.S. Section 10-221q](#)). In addition, beverages available for sale to students on school premises during the school day must comply with the USDA's Smart Snacks nutrition standards ([81 FR 50131](#)). Foods and beverages that do not meet the CNS or state beverage statute cannot be sold to students on school premises unless the sales meet specific exemption criteria (see "Food and Beverage Exemptions" in this document).

Only the Smart Snacks beverage standards apply to HFC public schools. The food standards do not apply because the state HFC statute ([C.G.S. Section 10-215f](#)) requires compliance with the stricter CNS, which supersedes the Smart Snacks food standards. The references to Smart Snacks in this document refer to the beverage standards. For a comparison of the CNS and Smart Snacks, review the CSDE's resource, *Comparison of the Connecticut Nutrition Standards and the USDA's Smart Snacks Nutrition Standards*.

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# CSDE Resource

## Presentation: Complying with Healthy Food Certification

- Overview of CNS
- Evaluating commercial foods
- Evaluating foods made from scratch
- Quiz: Test your HFC IQ
- Resources



[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Complying\\_Healthy\\_Food\\_Certification\\_Presentation.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Complying_Healthy_Food_Certification_Presentation.pdf)

# CSDE Webpage

## List of Acceptable Foods and Beverages

### ■ Lists of brand-specific commercial

- food products that comply with the CNS
- beverages that comply with the state beverage requirements of CGS Section 10-221q

The screenshot displays the CSDE website's 'List of Acceptable Foods and Beverages' page. The header includes the 'ct.gov' logo, 'Connecticut's Official State Website', a search bar, and a 'Language + Settings' link. The breadcrumb trail reads: 'CT.gov Home / Education / K-12 Education / Nutrition and Meal Programs / List of Acceptable Foods and Beverages'. The page title is 'List of Acceptable Foods and Beverages'. A left sidebar contains links for 'Overview' (selected), 'Related Resources', 'Laws/Regulations', and 'Contact'. The main content area features an 'Overview' section with a list of links: 'School Nutrition Programs', 'Program Guidance', 'Forms', 'Resources', 'Nutrition Education', 'Beverage Requirements', 'CNS', 'Competitive Foods', and 'HFC'. The text explains that the CSDE List includes brand-specific lists of commercial food products complying with the 'Connecticut Nutrition Standards (CNS)' and commercial beverages meeting the requirements of 'Section 10-221q' of the Connecticut General Statutes (C.G.S.). It also notes that these items meet the USDA's 'Smart Snacks nutrition standards'. A paragraph mentions that public schools choosing 'Healthy Food Certification (HFC)' under C.G.S. Section 10-215f must follow the CNS for all foods sold separately from reimbursable meals. A blue button bar contains links for 'List Guidelines', 'List Updates', and 'List of Acceptable Foods and Beverages'. Below this, the 'List Guidelines' section includes two bullet points: 'Offer nutrient-rich foods' and 'Product information'.

Overview

Related Resources

Laws/Regulations

Contact

Provided by:  
Department of Education

Overview

[School Nutrition Programs](#) | [Program Guidance](#) | [Forms](#) | [Resources](#) | [Nutrition Education](#)  
[Beverage Requirements](#) | [CNS](#) | [Competitive Foods](#) | [HFC](#)

The Connecticut State Department of Education's (CSDE) List of Acceptable Foods and Beverages includes brand-specific lists of commercial food products that comply with the [Connecticut Nutrition Standards \(CNS\)](#) and commercial beverages that comply with the beverage requirements of [Section 10-221q](#) of the Connecticut General Statutes (C.G.S.). These foods and beverages also meet the USDA's [Smart Snacks nutrition standards](#).

Public schools that choose to implement the healthy food option of [Healthy Food Certification \(HFC\)](#) under C.G.S. [Section 10-215f](#) must follow the CNS for all foods sold to students separately from reimbursable meals. The state beverage requirements (C.G.S. Section 10-221q) apply to all public schools, even if they do not choose the healthy food option of HFC or do not participate in the NSLP.

[List Guidelines](#) | [List Updates](#) | [List of Acceptable Foods and Beverages](#)

List Guidelines

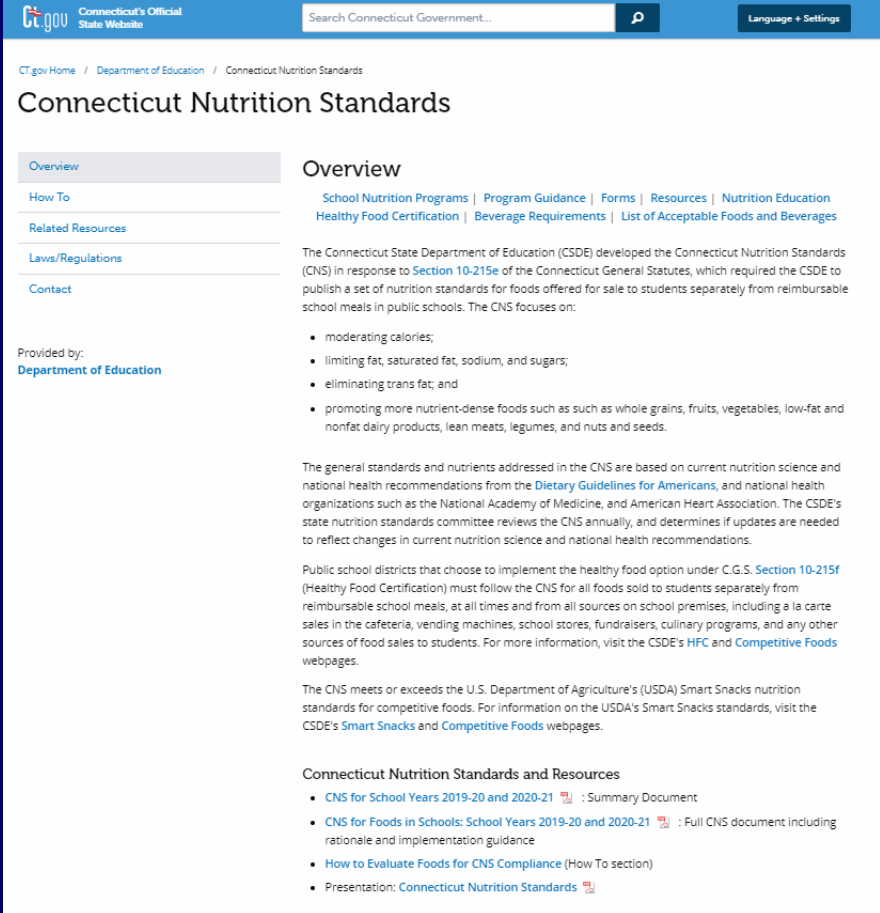
- **Offer nutrient-rich foods:** The CSDE strongly encourages schools to offer a la carte choices that include a variety of minimally processed and naturally nutrient-rich whole foods, such as fruits, vegetables, whole grains, low-fat or nonfat dairy, lean meats, and legumes. Some listed products are not nutrient-rich foods. For example, baked chips are lower in fat than regular chips that do not meet the CNS, but neither product provides significant nutritional value.
- **Product information:** Only the specific product and serving size listed complies with the CNS or the state beverage statute. When purchasing products, check to be sure they match the exact description, serving size, nutrition information, and UPC code on the list. Product formulations and packaging can change. The information in the lists is based on the package label or manufacturer's information supplied at the time of product review. If the information on the list does not match the product's label or manufacturer's information, please submit the product's information to the CSDE for review prior to purchasing. For more information, see the CSDE's document, [Submitting New Products for Approval](#).

<https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-and-Beverages>

# CSDE Webpage

## Connecticut Nutrition Standards

- CNS summary
- Full CNS document
- Guidance on how to evaluate foods for CNS compliance
- CNS worksheets
- CNS resources



The screenshot shows the official Connecticut State Website for the Department of Education's Connecticut Nutrition Standards. The page has a blue header with the CT.gov logo, a search bar, and a language/settings menu. The breadcrumb trail reads: CT.gov Home / Department of Education / Connecticut Nutrition Standards. The main heading is "Connecticut Nutrition Standards". On the left, there is a sidebar with links: Overview (selected), How To, Related Resources, Laws/Regulations, and Contact. The main content area is titled "Overview" and includes a list of links: School Nutrition Programs, Program Guidance, Forms, Resources, Nutrition Education, Healthy Food Certification, Beverage Requirements, and List of Acceptable Foods and Beverages. The text explains that the CSDE developed the standards in response to Section 10-215e of the Connecticut General Statutes. It lists the focus areas: moderating calories; limiting fat, saturated fat, sodium, and sugars; eliminating trans fat; and promoting more nutrient-dense foods. It also mentions that the standards are based on current nutrition science and national health recommendations. A section titled "Connecticut Nutrition Standards and Resources" provides links to the summary document, the full CNS document, and a presentation.

Connecticut's Official State Website

Search Connecticut Government...

Language + Settings

CT.gov Home / Department of Education / Connecticut Nutrition Standards

### Connecticut Nutrition Standards

Overview

How To

Related Resources

Laws/Regulations

Contact

Provided by:  
Department of Education

#### Overview

[School Nutrition Programs](#) | [Program Guidance](#) | [Forms](#) | [Resources](#) | [Nutrition Education](#) | [Healthy Food Certification](#) | [Beverage Requirements](#) | [List of Acceptable Foods and Beverages](#)

The Connecticut State Department of Education (CSDE) developed the Connecticut Nutrition Standards (CNS) in response to [Section 10-215e](#) of the Connecticut General Statutes, which required the CSDE to publish a set of nutrition standards for foods offered for sale to students separately from reimbursable school meals in public schools. The CNS focuses on:

- moderating calories;
- limiting fat, saturated fat, sodium, and sugars;
- eliminating trans fat; and
- promoting more nutrient-dense foods such as whole grains, fruits, vegetables, low-fat and nonfat dairy products, lean meats, legumes, and nuts and seeds.

The general standards and nutrients addressed in the CNS are based on current nutrition science and national health recommendations from the [Dietary Guidelines for Americans](#), and national health organizations such as the National Academy of Medicine, and American Heart Association. The CSDE's state nutrition standards committee reviews the CNS annually, and determines if updates are needed to reflect changes in current nutrition science and national health recommendations.

Public school districts that choose to implement the healthy food option under C.G.S. [Section 10-215f](#) (Healthy Food Certification) must follow the CNS for all foods sold to students separately from reimbursable school meals, at all times and from all sources on school premises, including a la carte sales in the cafeteria, vending machines, school stores, fundraisers, culinary programs, and any other sources of food sales to students. For more information, visit the CSDE's [HFC](#) and [Competitive Foods](#) webpages.

The CNS meets or exceeds the U.S. Department of Agriculture's (USDA) Smart Snacks nutrition standards for competitive foods. For information on the USDA's Smart Snacks standards, visit the CSDE's [Smart Snacks](#) and [Competitive Foods](#) webpages.

#### Connecticut Nutrition Standards and Resources

- [CNS for School Years 2019-20 and 2020-21](#) : Summary Document
- [CNS for Foods in Schools: School Years 2019-20 and 2020-21](#) : Full CNS document including rationale and implementation guidance
- [How to Evaluate Foods for CNS Compliance](#) (How To section)
- Presentation: [Connecticut Nutrition Standards](#)

<https://portal.ct.gov/SDE/Nutrition/Connecticut-Nutrition-Standards>

# CSDE Resource

## Summary of CNS

### Summary of Connecticut Nutrition Standards for School Years 2019-20 and 2020-21

This document summarizes the Connecticut State Department of Education's (CSDE) publication, *Connecticut Nutrition Standards for Foods in Schools*, for school years 2019-20 and 2020-21 (July 1, 2019, through June 30, 2021). The Connecticut Nutrition Standards (CNS) is based on current nutrition science and national health recommendations from the 2015-2020 *Dietary Guidelines for Americans*, and national health organizations such as the National Academy of Sciences Institute of Medicine.

The CNS focuses on moderating calories, limiting fat, saturated fat, sodium, and sugars; eliminating trans fat; and increasing consumption of nutrient-rich foods such as fruits, vegetables, whole grains, low-fat dairy, lean meats, and legumes. The CNS exceeds the U.S. Department of Agriculture's (USDA) Smart Snacks nutrition standards for competitive foods in the final rule, *National School Lunch Program and School Breakfast Program: Nutrition Standards for All Foods Sold in School as Required by the HHFKA of 2010*.

The CNS addresses all foods sold to students on school premises separately from reimbursable school meals in the National School Lunch Program (NSLP) and School Breakfast Program (SBP). Public schools that choose the healthy food option of [Healthy Food Certification \(HFC\)](#) under [Section 10-215f](#) of the Connecticut General Statutes (C.G.S.) must follow the CNS for all foods sold to students separately from reimbursable meals, at all times and from all sources. This includes, but is not limited to, a la carte sales in the cafeteria, vending machines, school stores, fundraisers, and any other sources of food sales to students on school premises. Foods that comply with the CNS are listed on the CSDE's [List of Acceptable Foods and Beverages webpage](#), which includes brand-specific lists of commercial food products that comply with the CNS and beverages that comply with the state beverage requirements of C.G.S. [Section 10-221q](#).

In HFC schools, foods that do not comply with the CNS cannot be sold unless the local board of education or governing authority votes to allow exemptions, and the following conditions are met:

- the sale is in connection with an event occurring after the end of the regular school day or on the weekend;
- the sale is at the location of the event; and
- the foods are not sold from a vending machine or school store.

An "event" is an occurrence that involves more than just a regularly scheduled practice, meeting, or extracurricular activity. For example, soccer games, school plays, and school debates are events, but soccer practices, play rehearsals, and debate team meetings are not. The "school day" is the period from midnight before to 30 minutes after the end of the official school day. "Location" means where the event is being held, and must be the same place as the food sales. For example, foods can be sold on the side of the soccer field during a soccer game, but not in the school cafeteria while a game is played on the soccer field.

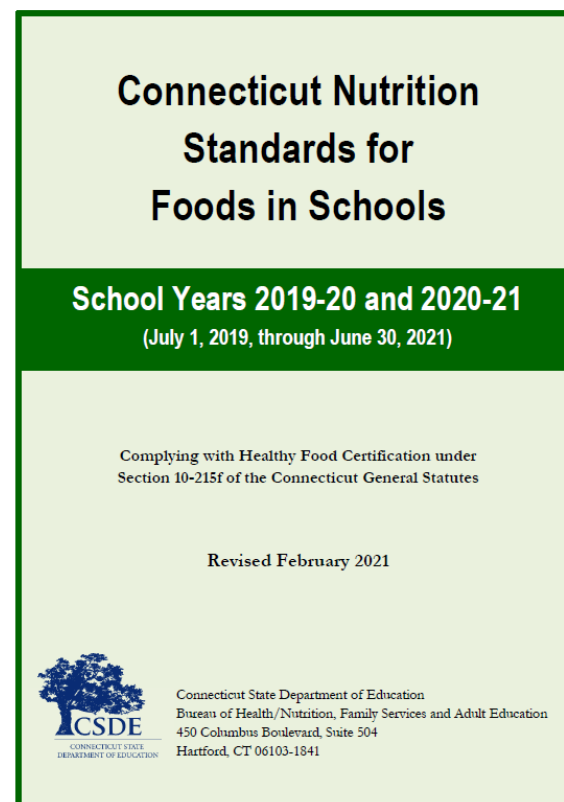
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[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/Connecticut\\_Nutrition\\_Standards\\_Summary.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/Connecticut_Nutrition_Standards_Summary.pdf)

# CSDE Resource

## Full CNS Document

- Background
- Rationale
- Implementation guidance



[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/Connecticut\\_Nutrition\\_Standards\\_full\\_document.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/CNS/Connecticut_Nutrition_Standards_full_document.pdf)

# CSDE Resource

## Requirements for Foods and Beverages in Vending Machines in HFC Public Schools

- Summarizes the federal and state requirements for selling and giving foods and beverages to students from vending machines in HFC public schools

### Requirements for Foods and Beverages in Vending Machines in HFC Public Schools

This document summarizes the federal and state requirements for selling and giving foods and beverages to students from vending machines on school premises in Connecticut public schools that:

- participate in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP); and
- choose to implement the healthy food option of Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes (C.G.S.).



For guidance on how the federal and state requirements apply to different sources of foods and beverages in HFC public schools, review the Connecticut State Department of Education's (CSDE) resources, [Requirements for Competitive Foods in HFC Public Schools](#) and [Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools](#). The CSDE's [Guide to Competitive Foods in HFC Public Schools](#) provides detailed guidance on the requirements for competitive foods in HFC public schools. For more information, visit the CSDE's [HFC](#) webpage.

#### Overview of Federal and State Requirements

All foods available for sale to students from vending machines on school premises must comply with the [Connecticut Nutrition Standards \(CNS\)](#). All beverages available for sale to students from vending machines on school premises must comply with the state beverage statute ([C.G.S. Section 10-221q](#)). In addition, all beverages available for sale to students on school premises during the school day must comply with the USDA's Smart Snacks nutrition standards ([81 FR 50131](#)).

Only the Smart Snacks beverage standards apply to HFC public schools. The food standards do not apply because the state HFC statute ([C.G.S. Section 10-215f](#)) requires compliance with the stricter CNS, which supersedes the Smart Snacks food standards. The references to Smart Snacks in this document refer to the beverage standards. For a comparison of the CNS and Smart Snacks, review the CSDE's resource, [Comparison of the Connecticut Nutrition Standards and the USDA's Smart Snacks Nutrition Standards](#).

# CSDE Resource

## Requirements for Foods and Beverages in School Stores in HFC Public Schools

- Summarizes the federal and state requirements for selling and giving foods and beverages to students from school stores in HFC public schools

### Requirements for Foods and Beverages in School Stores in HFC Public Schools

This document summarizes the federal and state requirements for selling and giving foods and beverages to students from school stores, kiosks, and other school-based enterprises on school premises in Connecticut public schools that:

- participate in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP); and
- choose to implement the healthy food option of Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes (C.G.S.).



For guidance on how the federal and state requirements apply to different sources of foods and beverages in HFC public schools, review the Connecticut State Department of Education's (CSDE) resources, [Requirements for Competitive Foods in HFC Public Schools](#) and [Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools](#). The CSDE's [Guide to Competitive Foods in HFC Public Schools](#) provides detailed guidance on the requirements for competitive foods in HFC public schools. For more information, visit the CSDE's [HFC](#) webpage.

#### Overview of Federal and State Requirements

All foods available for sale to students from school stores in HFC public schools must comply with the [Connecticut Nutrition Standards](#) (CNS). All beverages available for sale to students from school stores on school premises must comply with the state beverage statute ([C.G.S. Section 10-221q](#)). In addition, all beverages available for sale to students on school premises during the school day must comply with the USDA's Smart Snacks nutrition standards ([81 FR 50131](#)).

Only the Smart Snacks beverage standards apply to HFC public schools. The food standards do not apply because the state HFC statute ([C.G.S. Section 10-215f](#)) requires compliance with the stricter CNS, which supersedes the Smart Snacks food standards. The references to Smart Snacks in this document refer to the beverage standards. For a comparison of the CNS and Smart Snacks, review the CSDE's resource, [Comparison of the Connecticut Nutrition Standards and the USDA's Smart Snacks Nutrition Standards](#).

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# CSDE Resource

## Requirements for Food and Beverage Fundraisers in HFC Public Schools

- Summarizes the federal and state requirements for selling foods and beverages to students from fundraisers in HFC public schools

### Requirements for Food and Beverage Fundraisers in HFC Public Schools

This document summarizes the federal and state requirements for selling and giving foods and beverages to students from fundraisers in Connecticut public schools that:

- participate in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP); and
- choose to implement the healthy food option of Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes (C.G.S.).

For guidance on how the federal and state requirements apply to different sources of foods and beverages in HFC public schools, review the Connecticut State Department of Education's (CSDE) resources, [Requirements for Competitive Foods in HFC Public Schools](#) and [Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools](#). The CSDE's [Guide to Competitive Foods in HFC Public Schools](#) provides detailed guidance on the requirements for competitive foods in HFC public schools. For more information, visit the CSDE's [HFC](#) webpage.



Fundraisers are any activities during which money or its equivalent (such as coupons, tickets, tokens, and similar items) is exchanged for the purchase of a product in support of the school or school-related activities. This includes any activities that suggest a student donation in exchange for foods and beverages, since funds may be raised as a result. Examples of food and beverage fundraisers include:

- sales of commercial products, such as potato chips and other snack foods, candy bars, cookies, muffins, frozen cookie dough, pies, water, and soft drinks; and
- sales of foods and beverages made from scratch, such as baked goods, popcorn, sandwiches, smoothies, coffee, and hot chocolate.



The CSDE strongly encourages schools to promote consistent health messages to students by selling healthy foods or conducting nonfood fundraisers. The CSDE's resource, [Healthy Fundraising](#), provides suggestions for fundraising with nonfood items and activities.

# CSDE Resource

## Requirements for Foods and Beverages in Culinary Programs in HFC Public Schools

- Summarizes the federal and state requirements for selling and giving foods and beverages to students from culinary programs on school premises

### Requirements for Foods and Beverages in Culinary Programs in HFC Public Schools

This document summarizes the federal and state requirements for culinary programs that sell or give foods and beverages to students on school premises in Connecticut public schools that:

- participate in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP); and
- choose to implement the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.).

For guidance on how the federal and state requirements apply to different sources of foods and beverages in HFC public schools, review the Connecticut State Department of Education's (CSDE) resources, *Requirements for Competitive Foods in HFC Public Schools* and *Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools*. The CSDE's *Guide to Competitive Foods in HFC Public Schools* provides detailed guidance on the requirements for competitive foods in HFC public schools. For more information on HFC, visit the CSDE's HFC webpage.



### Overview of Federal and State Requirements

All foods available for sale to students from culinary programs on school premises must comply with the *Connecticut Nutrition Standards (CNS)*. All beverages available for sale to students from culinary programs on school premises must comply with the state beverage statute (*C.G.S. Section 10-221q*). In addition, beverages sold to students on school premises during the school day must comply with the USDA's Smart Snacks nutrition standards (81 FR 50131).

Only the Smart Snacks beverage standards apply to HFC public schools. The food standards do not apply because the state HFC statute (*C.G.S. Section 10-215f*) requires compliance with the stricter CNS, which supersedes the Smart Snacks food standards. The references to Smart Snacks in this document refer to the beverage standards. For a comparison of the CNS and Smart Snacks, review the CSDE's resource, *Comparison of the Connecticut Nutrition Standards and the USDA's Smart Snacks Nutrition Standards*.

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# CSDE Resource

## Presentation: HFC Fundraiser Requirements

- Overview of HFC
- Other Requirements for Fundraisers
- Allowable Fundraisers
- Quiz: Test Your Fundraiser Knowledge
- Resources



[https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Fundraiser\\_Requirements\\_HFC\\_Presentation.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/HFC/Fundraiser_Requirements_HFC_Presentation.pdf)

# CSDE Resource

## Requirements for Foods and Beverages in Culinary Programs in HFC Public Schools

- Summarizes the federal and state requirements for selling and giving foods and beverages to students from culinary programs on school premises

### Requirements for Foods and Beverages in Culinary Programs in HFC Public Schools

This document summarizes the federal and state requirements for culinary programs that sell or give foods and beverages to students on school premises in Connecticut public schools that:

- participate in the U.S. Department of Agriculture's (USDA) National School Lunch Program (NSLP); and
- choose to implement the healthy food option of Healthy Food Certification (HFC) under Section 10-215f of the Connecticut General Statutes (C.G.S.).

For guidance on how the federal and state requirements apply to different sources of foods and beverages in HFC public schools, review the Connecticut State Department of Education's (CSDE) resources, *Requirements for Competitive Foods in HFC Public Schools* and *Summary Chart: Federal and State Requirements for Competitive Foods in HFC Public Schools*. The CSDE's *Guide to Competitive Foods in HFC Public Schools* provides detailed guidance on the requirements for competitive foods in HFC public schools. For more information on HFC, visit the CSDE's HFC webpage.



### Overview of Federal and State Requirements

All foods available for sale to students from culinary programs on school premises must comply with the *Connecticut Nutrition Standards (CNS)*. All beverages available for sale to students from culinary programs on school premises must comply with the state beverage statute (*C.G.S. Section 10-221q*). In addition, beverages sold to students on school premises during the school day must comply with the USDA's Smart Snacks nutrition standards (81 FR 50131).

Only the Smart Snacks beverage standards apply to HFC public schools. The food standards do not apply because the state HFC statute (*C.G.S. Section 10-215f*) requires compliance with the stricter CNS, which supersedes the Smart Snacks food standards. The references to Smart Snacks in this document refer to the beverage standards. For a comparison of the CNS and Smart Snacks, review the CSDE's resource, *Comparison of the Connecticut Nutrition Standards and the USDA's Smart Snacks Nutrition Standards*.

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# CSDE Resource

## Resources for Meeting the Federal and State Requirements for Competitive Foods in Schools

- Links to resources on the federal and state requirements for selling and giving competitive foods to students

### Resources for Meeting the Federal and State Requirements for Competitive Foods in Schools

This document includes webpages and resources to assist schools with implementing the federal and state requirements for competitive foods in schools. These resources are from the Connecticut State Department of Education (CSDE), U.S. Department of Agriculture (USDA), and other organizations related to school nutrition. "Competitive foods" are all foods and beverages available for sale to students on school premises, separately from reimbursable meals and snacks served through the USDA's [Child Nutrition Programs](#) (CNPs). Under Section 10-215b-1 of the Regulations of Connecticut State Agencies, competitive foods also include certain foods and beverages (i.e., candy, tea, coffee, and soft drinks) that are given to students while CNPs are operating.

#### Federal and State Requirements

The federal and state requirements include:

- Healthy Food Certification (HFC) under [Section 10-215f](#) of the Connecticut General Statutes (C.G.S.);
- the Connecticut Nutrition Standards (CNS) under C.G.S. [Section 10-215e](#);
- USDA's Smart Snacks nutrition standards for competitive foods ([81 FR 50131](#));
- Connecticut's beverage statute for public schools ([C.G.S. Section 10-221g](#));
- Connecticut's statute requiring public schools to sell nutritious and low-fat foods whenever foods are sold to students during the school day ([C.G.S. Section 10-221p](#));
- Connecticut's competitive foods regulations ([Sections 10-215b-1 and 10-215b-23 of the Regulations of Connecticut State Agencies](#));
- USDA's School Wellness Policy ([Section 4 of Public Law 108-265](#) and the [Healthy, Hunger-Free Kids Act of 2010](#));
- USDA's regulation for revenue from nonprogram foods ([7 CFR 210.14 \(f\)](#)); and
- USDA's policies and guidance for competitive foods ([USDA policy memos for the NSLP and SBP](#)).

These laws determine what and when foods and beverages may be sold or given to students. They also regulate the accrual of income from sales of competitive foods. Some laws apply differently depending on whether the school is a public school, private school, or residential child care institution (RCCI). Some laws apply during the school day, while others apply at all times or while the USDA's CNPs are operating. When the federal and state laws supersede each other, schools must follow the stricter requirements. For an overview of these requirements, review the CSDE's resource, [Overview of Federal and State Laws for Competitive Foods in Connecticut Public Schools, Private Schools, and Residential Child Care Institutions](#).

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[https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Resources\\_Federal\\_State\\_Requirements\\_Competitive\\_Foods.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CompFoods/Resources_Federal_State_Requirements_Competitive_Foods.pdf)

# CSDE Child Nutrition Programs

## CSDE School Nutrition Programs Staff

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New Haven County (includes Regions 5, 15, and 16) New London County Tolland County (includes Regions 8 and 19) Windham County (includes Region 11)	Susan Alston <a href="mailto:susan.alston@ct.gov">susan.alston@ct.gov</a> 860-807-2081



Connecticut State Department of Education  
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# CSDE Child Nutrition Programs

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Seamless Summer Option (SSO) of the NSLP Summer Food Service Program (SFSP)	<p>Caroline Cooke  <a href="mailto:caroline.cooke@ct.gov">caroline.cooke@ct.gov</a> • 860-807-2144</p>
Child Nutrition Webpages Healthy Food Certification (HFC) Nutrition Education Special Diets	<p>Susan Fiore  <a href="mailto:susan.fiore@ct.gov">susan.fiore@ct.gov</a> • 860-807-2075</p>
School Wellness Policies	<p>Fionnuala Brown  <a href="mailto:fionnuala.brown@ct.gov">fionnuala.brown@ct.gov</a> • 860-807-2129</p>
Special Milk Program (SMP) Summer Food Service Program (SFSP)	<p>Terese Maineri  <a href="mailto:terese.maineri@ct.gov">terese.maineri@ct.gov</a> • 860-807-2145</p>
Fresh Fruit and Vegetable Program Food service management companies	<p>Andy Paul  <a href="mailto:andrew.paul@ct.gov">andrew.paul@ct.gov</a> • 860-807-2048</p>



Connecticut State Department of Education  
 Bureau of Health/Nutrition, Family Services and Adult Education  
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Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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**The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of age, ancestry, color, criminal record (in state employment and licensing), gender identity or expression, genetic information, intellectual disability, learning disability, marital status, mental disability (past or present), national origin, physical disability (including blindness), race, religious creed, retaliation for previously opposed discrimination or coercion, sex (pregnancy or sexual harassment), sexual orientation, veteran status or workplace hazards to reproductive systems, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes.**

**Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Coordinator (ADA), Connecticut State Department of Education, 450 Columbus Boulevard, Suite 505, Hartford, CT 06103, 860-807-2071, [levy.gillespie@ct.gov](mailto:levy.gillespie@ct.gov).**